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RAYMOND DEXTREIT

THE HEALING POWER OF CLAY

REPERTORY OF NATURAL MEDICINE

EDITIONS AQUARIUS

RENÉE NIKOLAIEV JUNE 2000

La "terre" nous livre
Ses secrets et ses vertus curatives.
Ce petit livre vous montera les
bienfaits de l'argile qui guérit,
Souvenir de mon passage à Paris.

The Healing Power of Clay

Respectueuses amitiés
de Jean-Claude Rocket
pour M. Serge et Mme Renée.
8/06/2000

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by Susan Palmer-Jones

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The Healing Power of Clay

PREFACE

There are more than five hundred thousand copies of this book in circulation. As a single copy is generally used by several people, this suggests an even greater number of readers and of clay-users. Also, over the course of thirty years, as more and more people have been discovering clay, we have received and continue to receive such a flood of testimonials that we have kept samples of them to reproduce in this edition.

When the book was first published in 1952, the subject was still relatively new. Our own long experience, however, allowed us to reassure the general public, to provide, in advance, solutions for some of their problems and finally to remove any worries they might have had about the hypothetical inconvenience of using clay.

What other book describing remedies for diseases would have stood the test of time so well if it did not give every guarantee that could possibly be desired? The many warnings to 'be careful', the reservations and counsels of caution given by inexperienced commentators, now seem both childish and obsolete.

The reader of this book can make use of its advice and practical suggestions without hesitation. They have been tested by many others and have proved their worth.

'One says this and one says that.' Everyone is entitled to express his or her opinion, even if it is mistaken and has no basis in fact. But it would be a pity if unfounded statements discouraged anyone from turning to something which might prove to be their salvation.

We strongly recommend to our readers that they concentrate on every part of this book, even on those passages which do not seem to have much personal interest or relevance. In this way they can be certain not to overlook any significant detail and can vouch for the benefits to be derived from drawing on the experience of others, including

The Author.

PART ONE:

THE EARTH
Clays - Muds - Sand

'We cannot fail if we follow Nature; the sovereign precept is to conform to her; therein is a whole art of living.'

(Montaigne)

A POLYVALENT REMEDY

The earth from which we came and to which we will return, the earth from which comes all that lives and to which returns all that dies; the earth which receives death and gives life.

Clay, so widely used in various industries today, seems to have been a major resource for mankind from time immemorial. From the building of the first mud-huts and subsequently in the manufacture of cooking utensils, storage jars, furnaces, decorative objects and tablets for writing or drawing, clay has remained permanently 'stuck' to man, following his evolution, always omnipresent.

Together with the sun, air and water, whose vital principles it contains, clay is a most powerful agent of physical regeneration. It may seem extraordinary that its healing

properties have lain undiscovered for so long but, in fact, this has not always been the case; many generations before ours have believed in the powers of clay. The Egyptian pharmaco-poeia, from the time of the Pharaohs, included Nubian clay; it was used for mummifying corpses because the Egyptians knew of its purifying qualities and it is almost certain that these were not reserved solely for the dead.

'From the minerals in the soil, the doctors of ancient Egypt borrowed alum, chrysocolla, orpiment, memphite stone, Nubian clay...' (A Cultural History of Disease, Private Edition.)

The ancient Greeks used bands of plaster hardened with a coating of clay mud in the treatment of fractures. After the beginning of the Christian era, there are further references to the usage of clay in the form of an 'earth of Lemnos'. Doctors did not consider it beneath their dignity to make use of its medicinal properties when appropriate, and some of them, like the Greek *Dioscoride*, attributed to it 'an extraordinary power'. The Arab *Avicenne*, 'the Prince of Doctors', and the celebrated Greek anatomist *Galen* spoke of it in glowing terms; and well before that, the Roman naturalist *Pliny the Elder* devoted a whole chapter of his Natural History to the subject.

All this, however, was a long time ago; and one could surmise that the Ancients used clay for want of any other, more effective, medication. But as the general public becomes increasingly dissatisfied with chemical medicine, the virtues of clay are being rediscovered. The great German naturopaths, *Kneipp, Kuhn, Just, Felke* etc. have contributed the most to his renaissance in the use of clay within the context of natural medicine (of which Mahatma *Gandhi* was always a loyal devotee).

The Cure *Kneipp* greatly recommended a mixture of clay and natural vinegar for plasters and poultices. This method of treatment is still in use in some rural districts

of France, where it is mainly applied to animals. When an animal is seriously ill, it is coated all over with a paste made of clay and vinegar.

At the end of his life, *Kneipp* passed on valuable information about clay to another naturopath, the past bookseller *Adolf Just*. Following his impetus, treatment by clay became widespread and *Just*'s earth, called 'Luvos', was soon widely known and appreciated. At the beginning of the century a Berlin doctor, Professor *Julius Stumpf*, used it successfully against Asiatic cholera.

During the First World War, Russian soldiers received 200 grammes of clay from the military authorities (according to *Wacker*) and it was added to the mustard in some French regiments, with the effect of protecting them against the dysentery which wrought havoc in neighbouring regiments. The army used clay for veterinary purposes in the days of cavalry. Horses suffering from corneous gangrene were put into a stable where the ground had been ploughed and was kept moist in order to form mud in which the horses trod. Instinctively, the animals were attracted to the clay mud in search of healing for their ailing hooves; many observations confirmed this fact. Dr *Em Grommier* related the story of 'Fil' the elephant who, like others of his kind, purged himself with silico-magnesian marls and coated himself with mud.

The discovery of radioactive clays is often due to animals, who use them in emergencies. There is perhaps still in existence an important spa in the Siberian forest of Oussouri, where the curative properties of the loam were discovered as a result of observations of the wounded animals, such as boars, roebucks and stags, who came to bathe in its beneficial mud. (All those who love and observe nature have been, or will some day be, witnesses of such incidents.)

The use of clay is common practice among people who are known as 'primitive' because they live in close contact with Nature. There have been, in fact, considerable numbers of geophagists throughout the world. In Mexico, India, Anglo-Egyptian Sudan, and South America, tribes from high Orinoco, Casiquaire, Meta and Rio Negro would knead clay into pellet sor girdle cakes, dry it and bake it when they wanted to eat some. Gandhi warmly recommended its use. In most cases, however, geophagy is the result of a kind of alimentary perversion, or is the consequence of a condition of latent famine; deficiencies could be caused by nutritional habits of this kind, which therefore should not be imitated or encouraged.

Edible clay was once known in the Antilles and was also found in other parts of the globe, where children and expectant mothers ate it eagerly. This phenomenon is found elsewhere, notably in Malasia, where a clay called 'ampo' is eaten; in Spain and Portugal, where a yellow clay called 'bucaro' is seasoned with spices and chilli; and in India, in Calcutta and Bengal, where little clay cups were sold and swallowed together with their contents.

Claude Levi-Strauss mentions certain varieties of Amazonian bees, including the Mandassala bee (Melipona quadrifasciata), which 'by kneading the wax they secrete together with the clay they collect for this purpose, fashion little "round pots" whose capacity varies from 3 to 15 cubic centimetres, in sufficient numbers to contain a harvest that sometimes amounts to several litres of exquisitely flavoured honey.' (From Honey to Ashes).

In the United States, near Saint Louis in the Missouri basin, enthusiasts used to collect a whitish clay which they took away in sackfuls after having eaten a little on the spot.

In Ghana, and generally throughout East Africa, various types of clay are known (Ewole, Hyerw, Hyire, Ayelo, Wo). These are collected from the banks of water-

courses or found in the deep soils near hills. When wet, this clay is oily; when dry, whether in a lump or as a greyish-white powder, it has neither taste nor smell. Its medical value is recognized and it is often used in the practice of native therapies.

'Certain Sumatra clays serve as remedies against severe diarrhoea, while other clays, in Java, have a purgative function. The earth of ants' nests is an infallible cure for all intestinal infections in the Philippines, but in the Sudan it is believed to be more effective against syphilis. Pregnant women, almost everywhere, crouch down on the earth to relieve their needs because they believe that this will reduce their nausea, help them in labour and give strength to their child.' (*Lyall Watson*, The Omnivorous Ape).

In North Africa, a local clay called Ghassoul is used for hygiene and beauty care.

In Switzerland and Germany, doctors did not hesitate to turn to clay; and at Davos, an important Swiss phtisiology centre, patients were frequently treated with clay. The entire thorax was coated with a clay paste, at a fairly high temperature, and this poultice was left on all night. The treatment was often followed by miraculous cures.

Under the name 'Coutelier's Mud', clay was used in some districts of France — and perhaps still is — as a disinfectant and for first and third degree burns. It is still well known under such names as Luvos, aluminium silicate, colloidal kaolin, balus, etc.

During the past few years, its use for therapeutic purposes has spread so widely in France that it is now possible to argue about its properties. We can mention in passing the experimental treatment of wounds with aluminium; clay is largely composed of aluminium silicate. Its action in healing scars, due to the aluminium, is further increased by the fact that its constituents have remained at the level of natural dosage.

CLAY IN INDUSTRY

Several centuries before our time, the Chinese used certain clays for purifying fatty oils. *M.C. Alexanian*, Doctor of Physical Sciences, who discovered this information, adds that the Egyptians, Greeks and Romans were familiar with the purifying and grease-extracting properties of clay. The frescoes in the 'fullonica' at Pompei show Roman laundry-workers treading or 'fulling' linen in water containing clay — hence the name 'fullers' earth'. This created fossil strata of microscopic aquatic plants of the algae family, known as Diatoma.

For the purification of oils, mineral as well as vegetable, clays have been in use for a long time (attapulgite, sepiolite, halloysite, illite, chlorite etc.)

The USA uses 300,000 tons of fullers' earth per year, the greater part (180,000 tons) in the treatment of petroleum products. In North Africa more than 1,000 tons of clay (bentonite) are extracted yearly and also used mainly in the petroleum industry.

As a natural silicate, crude oil is purified by being passed, under pressure, through an absorbent clay. Thanks to clay, again, the crude oil or 'cracking' catalyst transforms diesel oil into combustible liquid petrol, then into polymeric gas used in the manufacture of synthetic rubber and other products.

One clay, kaolin, is used as a strengthening ingredient in the manufacture of natural rubber, some synthetic rubber, thermoplastic materials (vinyl resins), anti-acid paints, hydrocarbon soaps, etc.

In general, clay has a remarkable resistance to chemical reagents; only the strongest can attack it.

A new material has been found, in China, suitable for including in the composition of porcelain. It is a stone, or rather a type of chalk, called 'hoa-t' che'; Chinese doctors

use it to make an infusion which they claim is disinfectant, appetising and refreshing. They crush and mix six parts of this clay with one of liquorice, put it all into a large cup of fresh water, and give it to the patient to drink. They claim that this beverage 'refreshes the blood and soothes internal heat'. Workmen make use of this material as a substitute for kaolin (it is therefore a clay). It is known as 'hoa' because it is glutinous, similar in some ways to soap.

THE PROPERTIES OF CLAY

There sometimes seems to be a similarity between the action of clay and that of certain medicines, particularly antiseptics. This similarity is only superficial, because there is a fundamental difference between the action of clay and that of chemical antiseptics. Every chemical product is a dead product which acts blindly, recklessly destroying the good along with the bad, the healthy with the unhealthy, the useful as well as the useless. Dangerous germs may be annihilated but the reconstructive elements are not spared either; and the tissues of wounds which have been treated restore themselves at a much slower rate than those which have not.

With clay it is quite the reverse. Here we have a living substance, full of that '*intelligence of nature*' which *Dr Alexis Carrel* implied when he demonstrated that isolated cells could reproduce structures with the characteristics of organs.

'If', he wrote, 'one drop of blood is placed in a liquid plasma, a few red globules, pulled by gravity, flow like a little stream; and banks soon form beside this stream. These banks then cover themselves with fibrous threads and the stream becomes a tube where the red globules pass like a bloodstream. Next, leuococytes come to reston the surface of the tube, surrounding it with their extensions and giving it the appearance of a capillary fortified with contractile cells. Thus the blood globules form a cir-

culatory system, even though there is no heart, no circulation, no tissues to irrigate. The cells are like bees who build their combs geometrically, make their honey, and feed their young, as if each one of them knew mathematics, chemistry and biology and was acting in the interests of the entire community. This tendency towards the formation of organs by their constitutive elements, like the social aptitude of insects, is data derived from direct observation. *It is inexplicable in the light of our present concepts.*'

Science seeks to explain everything; and this is an expression of avery natural human desire. At the same time, it is important to acknowledge, with humility, that certain data cannot be correctly interpreted by man at his present stage of development. We can observe, establish, record and accept. Let us admit the facts, even if we do not understand their causes. And the fact is: *clay acts with discrimination.* It hinders the spread of microbes or pathogenic bacteria, in other words all parasitic bodies, while promoting the reconstruction of healthy cells. It is indisputably an intelligent and beneficial force, which needs to be experienced for its effects to be fully appreciated. *Suppurating wounds treated with clay heal at an astonishing rate.*

One other fact: *clay goes to where the disease is.* When it is used internally, in the oral, anal or vaginal tracts, clay makes its way to the seat of the disorder and stays there, sometimes for several days, before finally drawing out pus, contaminated blood, etc. when it evacuates from the body.

THE ABSORBENT CAPACITIES OF CLAY

The absorbent capacity of clay is extraordinary. Five grammes of good clay will completely clear ten cubic centimetres of a solution of water with 0.1% blue methylene. This can be confirmed by using clay as a deodorant, either on a part of the body or by mixing unpleasant-smelling substances with clay. The smell, absorbed by the clay,

disappears. When there is a bedridden patient in a house, the smell of all excretions can be removed simply by placing some clay at the bottom of the chamber-pot.

Raw eggs, surrounded by earth, lose three times less weight than when they are left exposed to the air, without the shell being damaged in the least.

Professor *Aharon Katchalsky*, of the Weizmann Institute of Sciences in Israel, has observed that one variety of clay, montmorillonite, has the property of absorbing prebiotic molecules which adhere to its surface. Acting as a catalyst, montmorillonite can modify the structure of simple molecules (by polymerisation), altering them into the long, polypedtidic molecules which make up the links in the protein chain.

These absorptive properties, due without doubt to the micro-molecular construction of clay, explain its effects — *but only partially*. We must admit that we have not penetrated all the secrets of nature.

For example, the curative ingredient in mineral waters is a subject of constant scientific research. Scientists have attempted to create a synthetic mineral water with identical chemical components. Water left to stand for a certain amount of time, long enough to lose its radioactivity, has been reactivated. All these experiments have failed.

We will not follow the example of those who lose themselves in conjecture, because observation of Nature has convinced us that the reconstruction of its properties, by chemical or physical means, is impossible. Physics and chemistry cannot reconstitute life. Therein lies its secret.

THE ADSORBENT CAPACITIES OF CLAY

Clay is excellent for absorbing impurities and other substances which could be poisonous or could give a disagreeable taste to food. It is because of this that clay is used to eliminate the taste of medicinal oils and to treat margarine so that it tastes like butter.

Moreover, this absorbent property of clay, its capacity for fixing any substance floating freely in a liquid, makes it a material whose 'absorbent' property is valuable in medicine as well as in the oil and petrol industries.

This adsorbent capacity allows it to capture, for the purpose of excretion, elements that cannot be used to nourish the body, as well as the by-products of indigestion or scaling, whether suspended in stagnant liquids or passing through the intestines.

RADIOACTIVITY

It would be over-bold to attempt to define the main source of clay's effectiveness; but its radioactivity has been suggested.

Clay is certainly radioactive, like all matter, but this radioactivity is usually undetectable by laboratory instruments except in the case of some muds.

Among dowsers the question is controversial; some say 'Yes' and some say 'No'. The problem varies, moreover, from one clay to another.

This complexity is not confined to clay and a scientific explanation is not always easy to find. Thus, according to some researchers, harmful radiations from houses, called 'cancer-producing', have as their origin the gas radon. According to others, this same radon generates health-giving rays from the Isle of Capri; and even mineral waters owe their therapeutic properties to it.

With some temerity we put forward our own explanation for the phenomena of clay's radioactivity, observed beyond all reasonable doubt in its action on the human body. These observations apply particularly to pains, sometimes intolerable, which are relieved by applications of clay following those of radium.

Clay appears to possess, among other properties, that of stimulating the radioactivity of the body to which it is applied, if that is deficient, or of absorbing any excess.

In an organism which has been exposed to radiations of radium or some other intensely radioactive source, the radioactivity with which it is still impregnated is raised and then absorbed. Clay can thus ensure the protection of an organism attacked by ionising radiations. In addition, we know that a molecule covered with a coating of clay is protected against certain harmful rays. On the other hand, when treatment by rays cannot be avoided, the application of clay, between two sessions, facilitates acceptance of the rays and, in particular, avoids the risk of eventual cutaneous burns.

It can happen that, even when applied to an organism that has never been treated with radium or rays, clay is not well tolerated and provokes a state of over-stimulation. This occurs when its radiations are not or cannot be harmonised with those of the user.

It is possible to become accustomed to it by degrees; but if another clay was used, immediate tolerance would be expected.

Clay is useful in many situations, the most common of which are described here. First, however, it is essential to give precise indications about which clay is appropriate.

The clay known as 'argile' is greasy when wet and nothing grows on it. It is the terra-cotta of model-makers and potters. It can be green, red, yellow, grey, white, etc.; each one has its properties and it is important to choose the one which best suits the affliction being treated or the temperament of the patient.

It is sometimes found in the subsoil of gardens, at a depth of about one metre. But it is usually excavated from quarries, from where it is channelled to the industries that use it — tileworks, potteries, brickworks, ceramic factories, etc.

It is easy to obtain clay, either at herbalists or other shops specializing in dietary products, at quarries, or through the industries mentioned above. If it is purchased

from a dealer in modelling clay, it is important to make sure that the clay is virgin — in other words, that it has been dug out of the quarry without being subjected to any kind of treatment (mixing or baking).

There are bonds of affinity between clay and everything that lives — plant, animal or man. The same clay can produce a spectacular result in one case and *appear* to be ineffective in another. In reality it always has an effect, more or less swiftly according to the degree of affinity.

When a clay seems inactive, it is *one* clay which is not working, not *clay in general.* Some must be brought in from another part of the world in order to determine the most favourable source or colour.

In using the elements of Nature, we must always seek and find *sympathy.* We are not calling upon an inert substance but upon life itself. It is a part of ourselves.

The more clay is exposed to the sun, the air, and rainwater, the more active it becomes; this has been learned by experience. Furthermore, it is this which gives clay its capacity for absorbing and storing a large portion of the energy of the other elements, above all the sun. It is probable that its infinitely small particles are the equivalent of condensers, capable of freeing the energy retained by them at the summons of an opposite polarity. Nevertheless, it is appropriate to point out here that, even when extracted directly from the soil and used without prolonged exposure to light beforehand, clay already possesses the greater part of its astonishing properties. These are irreplacable in the life-support system of cavernicoles. Dwellers in caves, particularly certain shrimps (Niphargus), cannot reproduce and grow except in clay. These animals, although they can survive without food for a long time, wither and die if they are deprived of clay.

CLAY USED INTERNALLY

The practice of taking clay orally for medicinal purposes is readily accepted nowadays and no longer arouses, as it once did, feelings of unjustified distaste. This is partly because its benefits are becoming more widely recognized and partly because clay is not at all unpleasant to take.

It is impossible to substantiate *all* the explanations for the beneficial effects of clay; some, however, are obvious enough to be cited.

It is a bactericide, for instance, and can clean polluted water. Its absorbent properties can be put to good use in removing the unpleasant chemical taste of chlorine and other substances from town water.

This effect is not limited to removing smells but continues along the length of the digestive tract and frees the duct from unwanted visitors — including wind. Anything which is unhealthy, and which therefore emits negative radiations, is irresistibly drawn towards clay's positively-radiating polarity. Elimination is rapid unless the waste drained into the intestines causes an obstruction, which will need to be cleared shortly afterwards with a laxative infusion. It is also possible to break down the obstruction by drinking a lot between meals, so that the volume of liquid is sufficient to dilute and evacuate the accumulations of solid matter.

To avoid, from the outset, these minor inconveniences — which, we hasten to add, do not always occur — it is better to start off simply by drinking a solution of clay in water, leaving the deposit at the bottom of the glass.

Clay makes an excellent dressing for all irritations, ulcerations, ulcers (and even cancer) of the digestive organs. It is not neutral,like the customary 'plasters', but is extremely active, eliminating dead cells and encouraging their reconstitution. Moreover, the colloidal properties of clay act as cleansers and remove all poisonous substances.

The same soothing, healing action will be apparent in cases of enteritis and dysentery, amoebic or otherwise.

All this is 'direct' action — immediate action on the entire digestive tract. But while clay is effective in this area, its action does not stop there. Not only does it cure constipation or diarrhoea (which in itself deserves high praise); it acts on all the organs, in the entire organism.

Continuing its work of purification, it moves into the blood, which it cleans and enriches. The same teaspoonful of clay can cure a rebellious boil and stubborn anaemia. The boil can be explained by the absorptive property of clay — but anaemia? Does clay contain a wealth of minerals, particularly iron? It does not. It consists mainly of aluminium silicate, whose healing properties have been proved medically by experiments with aluminium. It also contains, although in much smaller proportions, lime, magnesium, iron sesquioxide, etc.

According to analyses carried out at the National Centre for Scientific Research, France (CNRS), clay contains oxydes, bioxydes, trioxydes, etc. as follows: silica (31.14 to 41.38), titanium (0.47 to 1.89), aluminium (40.27 to 48.13), iron (0.11 to 0.78), calcium (0.05 to 0.13), magnesium (traces to 0.05), sodium and potassium (0.25 to 0.85).

This composition does not explain clay's reconstitutive effect on red blood globules, which can easily be demonstrated by a blood-count test. In one month it produces an impressive increase in red blood corpuscles.

Wherever there is a lack, clay seems able to supply it even though analyses of clay do not reveal an exceptional wealth of the lacking substance within its composition. (Analysis of corn, for example, discloses in exact proportion the mineral bodies identified in the organism. Nothing similar happens with clay.)

Clay does something quite different from passively depositing a substance which it contains and which the body lacks. Perhaps synthetic substitutes behave in this way, but clay must do something other than merely compensating for a deficiency.

It seems that an explanation could be given for the role played by clay in the metabolism. In fact, according to one of NASA's publications, clay played an improtant role in the appearance of life on earth by contributing to the concentration of animo-acids, the basic elements of proteins.

As they contain metals, clays attract the nucleoproteins which together form the chains of doxyribonucleic acid (DNA). It is also probable that clay has the power to intervene in the process of the transformation and assimilation of nutritive elements, and thus in the system of life-support and of defence against both aging and external attacks.

If an organ is functioning inefficiently, or if a function is inadequately performed, merely introducing an unsubtle substance into the organism does not solve the problem. One has to go deeper — and clay does. It stimulates the failing organ and helps to restore the impaired function.

How does clay achieve this work of restoration? It provides imponderable substances, catalysts which allow first the assimilation and then the stabilization of the minerals, supplied by food, which the organism could not previously retain.

These catalysts work in infinitesimal doses. It is, therefore, useless to ingest huge quantities of clay; one teaspoonful per day is quite enough.

One of clay's peculiarities becomes apparent in the field of physical chemistry. From the thermodynamic point of view, clay is not the sole source of energy for the phenomena that it sets in motion. *Clay is effective not only because of the substances it contains but, far more, simply by virtue of its presence.*

There are some substances which act without destroying themselves; they are the diastases or enzymes, in which clay must be exceptionally rich. Certain diastases, the 'oxydases', have the power of fixing free oxygen, which would explain clay's purifying and enriching effect upon the blood.

These characteristics of clay, however, do not fully account for the potency of its action. We also know that it is a powerful agent of stimulation, transformation and transmission of energy.

Just as each filing of a magnet retains the properties of its source, so each particle of clay carries a considerable amount of energy, because of its magnetism and stored radiations, thus bringing an extraordinary reserve of strength to the organism. This radiating action helps to restore the life-force by freeing latent energies. Within us we have wonderful resources of energy which we leave dormant; clay wakes them up.

This effect should not be confused with that of stimulating drinks or foods which act not upon the energetic potential but upon the energy provided for the days to come, thereby 'mortgaging' the immediate future.

Clay plays a part in symbiosis, that phenomenon of coupled lives which allows bodies to live in conjunction with others. Because no-one has wholly succeeded in observing and controlling what happens within a *living* organism, we often have to be content with hypotheses

in making our explanations. The action of clay, and the results obtained from it, always give us a reasonably accurate idea of its properties; this is how its opotherapic value has been observed. It is the polyvalent remedy for the endocrinal glands. It does not compensate for their deficiencies but, instead, helps to stimulate or soothe them. As we have already said, it is a remedy with an intelligence of its own. It regulates the metabolism and acts as a tonic on several organs, including the heart.

Used together with citron, it clears the capillaries by dissolving crystals and "precipitates". It naturally absorbs all toxins and can be trusted as a remedy against poisoning caused by mushrooms, chemical acids or other poisonous substances, which it can neutralize.

Microbic flora are weakened in its presence. It helps to create an environment in which parasitic bodies, such as pathogenic microbes or bacteria, cannot multiply.

After clay has been taken, the presence of worms may sometimes be noticed in stools which did not previously contain them. It would be incorrect to deduce that the clay has brought the worms. On the contrary, it is expelling those which were sheltering in the intestines or lodged in the folds of other organs.

When one has seen the results of external applications of clay, one can have nothing but confidence in its effects on the interior of the body.

When one has witnessed the disinfection of a hideous, suppurating wound, and subsequently the restoration of the tissues without the slightest trace of a scar, one can hope for great things from the internal action of clay.

At a time when nuclear accidents, with their attendant excesses of radioactivity, are becoming more and more frequent and worrying, we can look for protection to the curative powers of clay, which neutralizes or absorbs surplus radioactivity.

CHOOSING THE RIGHT CLAY

For preference, choose a good, thick clay that does not 'crunch' between the teeth — in other words, a clay free from sand.

Avoid using clays that have been prepared in any way — cooked, or mixed with artificial substances. Because of their inert nature, there is a risk that these dead powders could cause an obstruction.

Clay can be green, greenish, yellow, red, white, etc. The colour, like the source, is important. In general, local clay is more 'sympathetic' than clay imported from a geographically distant source; but there can be exceptions to this rule. It is also important to make some preliminary tests in order to determine which clay is the most active.

As we have already stated, the average daily dose is one teaspoonful (half a teaspoon for children up to 10 years of age). However, for some intestinal complaints, such as colibacillosis and dysentery, the dose can be increased to two or three teaspoonfuls a day. If possible, it should be prepared several hours or one night beforehand, as follows:

1. Do not use a metal teaspoon. Do not allow metal to come into contact with the clay.

2. Place one teaspoonful of clay in a glass half-filled with fresh (unboiled) water.

3. Use fairly thick glasses, because clay emits or transmits such powerful radiations that thin glasses are sometimes *shattered.*

The clay should be taken either in the morning, on waking, or at night before going to bed. Alternatively, it can be taken from fifteen minutes to one hour (an hour if possible) before a meal.

If it causes constipation, dilute it in a little more water and take it several times in the course of the day, between meals. If the constipation persists, replace the clay temporarily with a laxative infusion.

In a case where the absorption of clay causes nausea, mix it with a little water to make a firm paste, roll this into small balls the size of peas, and leave them to dry. Swallow the small balls instead of the powdered clay. For children, this paste can be prepared with a flavoured infusion (mint, pine, eucalyptus, etc.) and the little balls covered in sugar, like sweets. People who are subject to constipation can prepare these little balls with a decoction of alder buckthorn (black alder), or add powders of seneca or rhubarb. Babies can be given a teaspoonful of water with clay dissolved in it just before feeding-time, three times a day.

Sucking clay is very helpful for colds or sore throats. Similarly, if the teeth are bad or the gums inflamed, suck pieces or small balls of clay, or simply take a teaspoonful of powdered clay.

Sometimes clay emits a taste of petrol. This does not detract from its properties; on the contrary, naphta is a powerful antiseptic and clay is sometimes in contact with it in the soil.

The first clay treatment lasts for three weeks. Then it is stopped for one week, after which it can be continued for months on the basis of a week of treatment alternating with a week of rest.

Clay enriches the blood. It is better not to drink too much of it when arterial tension is heightened. Take only one or two pinches a day, in water, or a teaspoonful twice a week. It is scarcely ever worthwhile taking large doses of clay because, as we have mentioned previously, its action is above all due to its emanations.

It should not be thought of as an anodyne but should be used with discrimination, particularly for internal problems.

We know that certain substances, such as lycopodium, are harmless and inoperative in large doses but become very active medications when infinitesimal doses are taken. Clay can be used in relatively large doses (especially in cases where clay, as it passes through the digestive tract, comes into direct contact with the affected area — stomach and duodenalulcers, enteritis, etc.) It can also be used in homoeopathic doses. The choice is made after a few days of testing.

Clay cannot adjust to the presence of pharmaceutical medications — not even homoeopathic ones — so it is preferable not to take it if one wishes to continue with some other form of medical treatment, *although there are exceptions to this rule.* There are no such reservations where the external use of clay is concerned; then it can easily be included within the context of a medical treatment.

We would like to draw special attention to the fact that taking oil of *paraffin*, at the same time as clay or fairly recently beforehand, is likely to harden the clay. (An emulsion of a petrol derivative is used for hardening and waterproofing bricks of raw clay.)

The external use of clay will be discussed in the next chapter. We would like to stress at this point, however, that to obtain a *total cure* one must not only use clay but also adopt a dietary style that is in harmony with it and therefore with natural laws. (See *Healthy Living and Going Vegetarian* — An Introduction by J. and R. Dextreit.)

ARE THERE REACTIONS?

Those who are accustomed to using natural healing methods are also accustomed to the fact that reactions can occur after treatment has begun. This can be disconcerting for the newcomer, who has started a course of treatment in order to feel better and is suddenly confronted with a new set of unexpected and perhaps troublesome symptoms.

Some people react by assuming that the clay has done some 'damage' to their liver, kidneys or bladder.

What is actually happening, of course, is that the clay is highlighting latent tendencies that need to be treated. It is better, however, not to provoke marked aggravations but to make gentle progress with the treatment. This can be achieved by occasionally alternating applications of cabbage leaves with those of clay and, as a last resort, by using clay poultices less frequently if they tend to trigger off unforeseen reactions — even if these are basically desirable within the context of total cure. By gradual progress the organism can truly liberate itself from disease.

ALKALINE OR ALKALOSE?

Clay regulates the pH content of the blood, so that for users whose body-fluids are acid at the start of treatment, it acts as an alkalinizer. On the other hand, cancer is accompanied by alkalosity. This abnormal situation, which could well be one of the body's defence mechanisms, has been interpreted by some observers (without any very precise basis for their deductions) as meaning that clay could induce cancer. Long and extensive experience, however, has amply demonstrated that there is no serious foundation for this charge.

Other observations have shown that the blood of cancer patients (most of whom have never taken clay) is alkaline, which sometimes leads to the conclusion that it should be acidified.

Normal food generally contains acidifying elements but to search among these for one that modifies cancer would be to search in vain. The alkalosity results from an ionic imbalance between the four basic electrolytes — calcium, sodium, magnesium and potassium. Cancerous tissue is usually deficient in magnesium and calcium with a surplus of potassium and sodium.

As it has never been demonstrated that this alkalosity precedes cancer, it is reasonable to suppose that it is a side-effect rather than a cause, as the presence and secretions of the tumour disturb the ionic equilibrium.

CLAY USED EXTERNALLY

PREPARATION

Before doing anything else, *dry the clay well.* If the pieces are large and the weather damp, cut them up with an *inoxidizable* knife (clay should never be touched by any metal susceptible to oxidization or rusting.)

Put the clay to dry, preferably in the sun or, failing that, near a heat-source such as a stove or radiator but not in direct contact with it. When the clay is thoroughly dry, break it into walnut-sized pieces (with a hammer, weight, or other suitable implement). Remove any foreign bodies — pebbles, roots, straws.

The above instructions apply to clay obtained from a quarry. The clay sold by herbalists and in health shops is dried and broken ready for use. It is usually sold in bags of one to three kilogrammes.

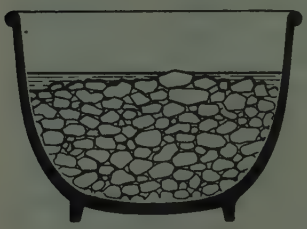
Have ready a hollow receptacle — a dish, bowl or jar — made of enamel, pottery, wood, glass or porcelain. Never use any metal (aluminium, copper, cast iron, tin or galvanized iron) except for stainless steel and avoid all plastic materials as far as possible. Put the clay in the receptacle, making sure that the surface is as even as possible. Always keep a little dry clay aside in case the mixture is too thin and needs to be thickened. It is better if the mixture is rather thin, since it is easier to add clay for thickening it than to add water for thinning it.

As it is possible to prepare clay for several days' use, there is no need to worry about preparing too much at any one time.

Add some *unboiled* water until the clay is almost covered. There is likely to be a period of trial and error to start with, since not all clays absorb the same proportion of water.

When the clay has reached the consistency of a mudpack (for care of the skin, varicose veins etc.) add more water immediately, since it will be difficult to thin the paste later.

Leave the mixture to rest for at least an hour *without touching it.* When clay is moved it becomes sticky and is difficult to manipulate. There is no need to touch it before it is used; *it disintegrates all by itself.*



The paste should be supple, well-blended and not too thick. It should just stop short of being 'runny', so that it is fluid enough to adapt to bends and protuberances yet firm enough not to flow or spread out when the plaster is applied to the lumbar region or the spinal column.

Whenever possible, place the receptacle in the sun, covered with gauze to protect the clay from impurities.

TEMPERATURE

Clay can be applied *cold, warm or hot.*

When applied to a part of the body that is feverish, inflamed, congested or naturally hot (the lower abdomen, for example), the clay must be cold. The poultice should start to feel warm a few minutes after application. If a sensation of cold persists, the use of a cold poultice should

be discontinued. If, on the other hand, the poultice becomes very hot, it must be renewed, sometimes only five or ten minutes after being applied.

When clay is used for the purpose of revitalization, for healing bones, or for the kidneys, bladder or liver, it often needs to be heated or at least warmed beforehand. More precise instructions on this subject are given below.

Whichever the case, this law of natural medicine should be borne in mind: All action must be followed immediately by a reaction.

If the poultice is applied to a feverish, inflamed or congested part, it should refresh. But if it is applied with the aim of toning or revitalizing, it should warm. It is possible to apply cold water, cold air or cold clay to a weak organ or organism but the reheating, which is the aim of this application, should occur almost immediately.

In cases of fever or congestion, cold treatment can be compared to the system of cold-water circulation designed to cool a car engine and prevent any overheating, which would be as fatal to the car's system as it would be to that of a human body.

Apart from this, the same cold treatment should be able to warm up the body by stimulating organic exchanges.

It is worthy of note that in natural therapy, most treatments that use a cold healing agent (clay, water, air) necessarily involve reheating. The absence of this reaction would suggest that the organic reserves were insufficient and needed to be restored by rest. Even if it is cold when applied, a clay poultice should always warm up quite rapidly. In emergencies, place against a hot-water bottle or similar container of heat.

Oxidations accelerate as the circulation and defensive functions are stimulated. The body-temperature should slowly rise. *This is the only way in which cold applications are beneficial.*

HOW TO HEAT CLAY

Clay must not come into direct contact with any vigorous heat-source. A double saucepan, or bowl in a pan of water, is the most appropriate method for preserving the properties of clay while heating it.

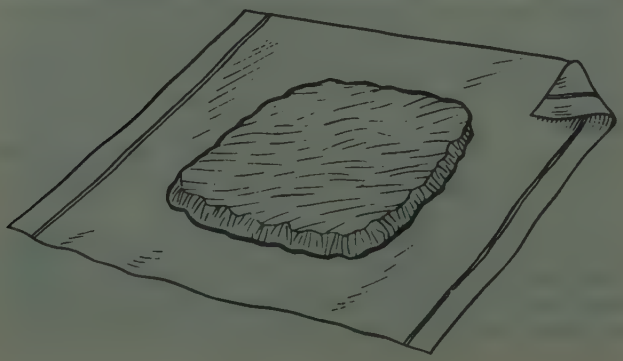
Place the receptacle containing the clay in a considerably larger pan. Put enough water in this pan to reach at least half way up the sides of the receptacle. Put the pan on the heat and leave it until the clay has reached the required temperature.

Exposure to the sun or proximity to a gentle heat-source, such as a radiator or slow-burning stove, allows the clay to warm up to a sufficiently high temperature in some cases.

If the clay for several poultices has to be prepared in advance, do not heat it. Clay for a poultice must not be heated twice. Simply place the prepared poultice on the upturned lid of a saucepan of hot water, or on a central-heating radiator.

THE POULTICE

Lay a piece of linen or four thicknesses of colourless, cellular, kitchen cloth on a table. Bear in mind that you need an area of cloth considerably larger than the poultice which, in turn, must be larger than the part being treated.



It is better to use a cabbage leaf, rather than linen or cellulose cloth, if the poultice has to stay in place for a long time or is being used on a particularly irritated or inflamed spot. The cabbage leaf maintains the coolness of the clay and prevents it from premature drying, which can sometimes have unpleasant consequences.

On the other hand, the use of waterproof material such as plastic, rubber, etc. must be strictly avoided, as the humidity of the clay needs to be able to evaporate.

Using a spatula or wooden spoon (neither metal nor plastic), spread a smooth bed of clay on the prepared fabric. The thickness can vary from five millimetres to two centimetres, depending on the specific details which are described below.

In principle, clay is applied straight to the skin. But if the poultice has to be applied to a hairy part of the body, or to somewhere difficult to reach for a person living on their own and looking after themselves without help, a piece of muslin, gauze or similar very light fabric can be placed between the skin and the clay. The disadvantage of this method is that it prevents the clay from adhering to the skin and therefore allows air to circulate, which can cool the plaster. Furthermore, it seems that greater benefit is derived from clay when the contact is direct.

THE COMPRESS

As will be described below, the use of a mud compress is sometimes preferable to that of a poultice. To make one, you need a very thin paste into which you can dip a strip of cloth which will come out coated with a fine layer of clay.

This paste is prepared in the same way as for a poultice, simply using less clay and more water. At the moment when it is about to be used, it should be stirred to make a good mixture.

Soak the strip of cloth in the mud, take it out, shake it a little and place it on the part being treated, using a muslin interface if necessary.

SECURING THE POULTICE AND COMPRESS

Once the poultice or compress is in place, cover it with a dry cloth and secure it with:

1. an adhesive strip, if the spot is not suitable for an ordinary bandage or if the dressing is small;

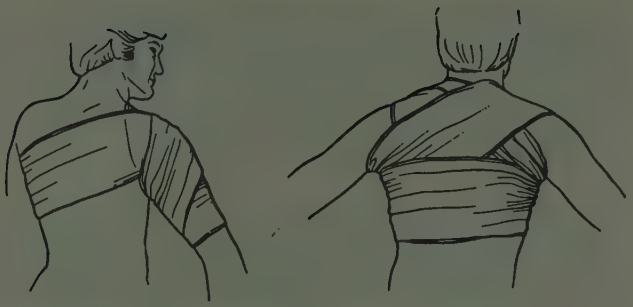
2. a fabric bandage;

3. a belt of flannel or some other warm material if the application is for the kidneys, the liver, the stomach or the lungs;

4. a T-shaped bandage (of the sanitary towel type) is the application is perineal or rectal.

If the application is to the nape of the neck, bandage with the forehead rather than the neck itself.

The application can last from one hour to all night long, depending on the case. If a suppurating wound is being treated, the poultice should be renewed every hour. When the suppuration has stopped, the dressing can be kept on for an hour and a half before being changed. Once the tissues start to rebuild, each application can be left on for two hours.



For the treatment of a deep internal organ (liver, kidneys, stomach etc.) the poultice is left in place for a minimum of two hours, up to three or four hours. It can be kept on for longer, according to the modalities of the case. If the clay is being applied for the purpose of revitalizing an organ or rebuilding decalcified bone tissue (vertebrae etc.) the poultice can be left on all night.

In principle, an application of clay should not cause any irritation or painful sensations. If, for example, a poultice applied to an abscess or boil is very hot and dry after half an hour, change it without waiting for the full hour to elapse. If a poultice on the spinal column gives a sensation of coldness, even when it has been applied hot one or two hours earlier, do not leave it on all night but take it off at once.

When the application is made to a feverish or overheated part, it must be delayed until the clay is not too hot; and if the application is for the purpose of revitalizing, and therefore reheating, it must be stopped before the clay gets cold.

If the application works well, the clay is generally almost dry by the time it is removed. In that case the poultice lifts off easily, leaving the minimum of clay adhering to the

skin. If the poultice does not come away easily, run a little warm water between the clay and the skin. Scrape off the particles of clay remaining on the skin and wash it with cool or warm water, without soap. Above all, never use alcohol or eau de Cologne to clean the skin after an application of clay.

FREQUENCY OF APPLICATION

This varies according to the case being treated, the extent of the injury, the temperament of the patient, his or her reactions to clay, the surface being treated, etc.

For abscesses and all purulent eruptions, poultices must be changed every hour (this may need to be reduced to thirty minutes, or even less, in certain cases). The hourly changing should be continued day and night, if possible, until the abscess bursts. From then on the poultices are left in place for an hour and a half. At night, compresses of muddy water can be applied and renewed once or twice. Finally, poultices are applied every two hours, with dry dressings during the night.

It is important to remember that large applications (liver, intestines, kidneys etc.) create a very powerful reaction, which the organism will not be able to stand for very long, without risking weakness, if they are renewed too frequently — especially while the disease is still running its course. One poultice per day, left on for two to four hours, will be enough; and it will be possible to apply two per day when the disease becomes less active. If the poultice is put on in the evening, at bedtime, the patient can go to sleep wearing it and not remove it until the following morning, unless it itches or starts to feel cold during the night.

Two large poultices can be applied daily to a bedridden or inactive patient, provided he tolerates them well and does not become tired or have any extreme reactions.

Given the power of clay's action, the aggravations that it provokes and the energies that it sets in motion, it should never be applied to two important organs at the same time. Organic resistance must also be taken into account, and over-frequent applications should be avoided if they provoke unwelcome reactions such as excessive fatigue.

Of course it is perfectly acceptable to apply two poultices at the same time if one is for an important organ (liver, kidneys, etc.) and the other for a secondary area (foot, hand, etc.) or if both are for secondary areas.

DISPOSING OF USED CLAY

The clay must be thrown away after use, as it is devitalized and impregnated with the toxins it has absorbed. Whether or not it has been applied to a wound, it cannot be used again, and it would be sensible to dispose of it in a place where no-one can touch it. The cloths and bandages can be washed and used again when dry, except for the cellulose kitchen cloths and the cabbage leaves, which should be thrown away together with the clay.

MODALITIES OF APPLICATION

Please note that once a clay treatment has been started, it must not be interrupted even temporarily. Clay is an extremely active agent, and its application triggers a series of internal events which have repercussions throughout the entire organism. For this reason treatment should not be started without the certain knowledge that it can and will be continued. It is no use starting a train only to stop it between two stations; it must carry on to its destination. The destination, in this case, is the complete cure. An interruption, however, will have no ill effects — it simply means that the treatment will have to be started all over again from the beginning, with the same precautions.

It is possible, even probable, that at the start of the treatment the patient may experience a renewed outbreak of the disorder. This is only superficial, however; it shows that the wound or the affected part is being cleansed. Clay has a powerful 'draining' effect and attracts to itself all substances with negative radiations; it is therefore quite understandable that all the toxins in the body will make their way towards the part under treatment.

We strongly recommend that a clay treatment should be preceded by laxative infusions, a short course of fruits or lemon and some oral intake of clay. Only after a fortnight of such preparation should external treatment be undertaken.

We repeat: the apparent aggravation is not dangerous: it shows that the effective and beneficial powers of clay are in operation.

Varicose ulcers, for example, will grow larger at first. All the dead flesh at the edges will fall off, the surface will wrinkle, pus or blood will appear. The pain may even increase for a short time, then grow less and disappear completely with the final closing of the ulcer and the restoration of healthy tissue. If the treatment is persevered with, the ulcer will disappear for good. There will be no danger of its recurrence.

The same is true of an internal ulcer, the difference being that — as with all the deep, internal organs (stomach, uterus, etc.) — the treatment should be started very gently, with only a thin poultice (from a half to one centimetre at most). Since the first action of clay is the draining of morbid matter towards the spot being treated and the cleaning (and consequent temporary enlargement) of wounds, the treatment of internal organs must strictly avoid any such enlargement, which could affect a vital organ nearby or exhaust the energy reserves of the patient.

The following precautions are essential:

1. A thorough preliminary cleansing process with a laxative, fruit cure or lemon cure, followed by a vegetarian diet and a short course of clay taken orally;

2. Light applications of clay to begin with, neither too extensive nor too thick (about one centimetre), kept on for one hour. After the patient has spent a few days getting used to these, the poultices can be increased in size to cover a wider area, then increased in thickness and left in place for a longer period of time.

Gradual progress can thus be made towards a poultice measuring approximately 20 to 30 centimetres by 15 to 20 centimetres, and about 2 centimetres thick, which can be left in place for two to four hours, or even all night.

The surface area and thickness should not be increased unless previous applications have been well tolerated without any problems, disturbances or violent reactions.

By using these methods of procedure you can set aside all risks, avoid all errors of judgement and acquire the certainty of being on the right path towards the cure.

ENEMAS AND INJECTIONS

Clay can be used in many ways; for example, it can be mixed into the water used for enemas and rectal injections. Add four soupspoonfuls of powdered clay per litre of unboiled water. Warm slightly and stir thoroughly before use.

POWDER

Finely-ground clay is recommended as baby-powder, instead of talc which often has medicated additives and does not have the activity of clay. You can safely put clay powder on children's bumps and grazes, and get them to take it if they are afflicted with adenoids.

Clay disinfects wounds and promotes the regrowth of injured tissues. It can be sprinkled on ulcers, bedsores, blemishes, eczema, etc.

Using a very finely-powdered clay increases the effectiveness of a massage.

CARE OF THE SKIN

It is common knowledge that most of the plasters used for 'beauty masks' are based on clay. The generally high price of these unguents is justified by the inclusion of clay in their manufacture.

Clay is sometimes used as a base for mixtures which can contain glycerine, paraffin or other substances more likely to neutralize the properties of clay than to enhance them. All changes to clay, or additions of any substance whatsoever, tend to weaken its active power, which is much greater in its virgin state.

Take some powdered clay and make a paste with it, using a mixture of half water and half juice (cucumber, tomato or grape). Spread a fine layer of the paste evenly all over the face. Leave on for as long as the plaster is still damp and supple enough not to feel stiff on the skin.

Clay can be applied very thickly to specific spots (blemishes, pimples or wrinkles, for example), put on in the evening and left on all night.

A skin-softening cream can be made from clay, using a mixture of powdered clay and olive oil. To prepare this cream, proceed as follows:

1. In a smooth receptacle with rounded sides (e.g. a bowl) place two soupspoonfuls of warm water and one of olive oil.

2. Beat well with a wooden spoon, then add a generous soupspoonful of powdered clay.

3. Still with the wooden spoon, work the mixture until well blended. (If the water does not blend in well it can be drained off but the resulting cream will not be so smooth.)

Quantities can be increased as desired, using the same proportions. It is always best to prepare only the amount needed for immediate use.

Wash itchy, blemished, blotched, or very delicate skin in water with clay mixed into it, without soap. Afterwards, rub lightly with the inside of a lemon rind.

Bags under the eyes will be greatly reduced or can even disappear completely with applications of clay, complemented by specific treatment of the heart or kidneys, depending on the causative organ.

Treat all excrescences, warts, blemishes and red blotches with clay.

Some beauty salons use clay for hair-care. They make a fairly thin paste of clay and water, soak the entire head with this, leave it for thirty minutes or an hour, then rinse with water.

In Tunisia there is a dark-coloured clay called 'tfal' which comes in hard blocks. It is mixed with a little water to make a smooth paste and used as a face-mask. This apparently cleans and softens the skin and closes the pores. For a normal skin the mask is left on for about five minutes, for a greasy skin, slightly longer. The same paste is used as a shampoo and for hair-care in general; applied to the hair for thirty minutes it gives suppleness and 'body'.

MUD BATHS

We are delighted that the use of mineral muds is now common practice. As their action is so powerful, however, it should be backed up by a natural diet; and this is rarely the case.

If you are going to the expense of visiting a health-farm or resort where clay treatment is given, it is essential both to prepare for it in advance and to follow it up afterwards with a course of applications ofclay and water, and with a natural, cleansing diet. If you do not have the opportunity or the means to visit such a place, you can still obtain some of the same benefits by taking mud baths made with a mixture of clay and water.

If you have a garden, dig a hole that is long enough and deep enough so that, once it is filled with mud, you can immerse your entire body in it. Open air baths should only be taken during warm weather, and the clay must be in the sunshine to keep warm.

Indoors, mud baths can be taken in a tub or tank but not in a bath, as the clay would block up the pipes. The proportion of clay to water should be such that the mixture forms a thin paste. The mud bath can be used several times. Add a little hot or cold water each time as necessary.

Begin with daily baths lasting five or ten minutes and extend this to fifteen or twenty minutes in later sessions. If the baths are too tiring, take them only every other day, or twice a week.

Use this 'cure' for one month, then wait a month before continuing.

Mud baths are recommended for the treatment of rheumatism, arthritis, bone diseases and certain types of paralysis.

Localized mud baths are equally feasible and are very effective, particularly foot baths or hand baths in cases of rheumatism.

SILT

This is the sandy-clay deposit left by ebbing waters. Its properties are varied but reliable.

The ancient silt deposits constitute the substance known as loess, whose successive layers look different. Loess at the lower level is ochre yellow, predominantly chalky, and almost useless for the purposes of cultivation. It is known as *argilette* in Normandy and as '*sweet earth*' in Picardy. The upper level is reddish and can be cultivated. It is rich in clay and contains a little sand. In northern France it is known as '*beetroot earth*' and around Paris as '*brick earth*'.

Any of these earths can be used instead of proper clay, but only for external applications.

SAND

BATHS

Among the multitudes of people who like to sunbathe on sandy beaches, how many realize that the sand on which they are lying is doing them just as much good as the sun or the sea?

They can take even more advantage of its benefits by covering themselves with it, in other words, by taking sand baths.

We now know that sand, especially sea-sand, can contain certain radioactive substance, particularly uranium. This partially explains its amazing effect on bone diseases. Rickets, weakness, decalcification, all the problems of the bone system, arthritis, rheumatism, lumbago, nephritis, sciatica, and many other diseases respond to treatment by sand.

These baths are taken in the sunshine, using dry sand. Dig down a little so that the body is well bedded in, then cover it with a thick layer of sand, leaving only the head exposed. Make sure the head is shaded, with a parasol, foliage, canvas or similar, placed at least a metre away from the head to allow the free circulation of air and avoid a build-up of heat.

DO not take these baths during periods of digestion, as they stimulate energy-reactions and should be followed by a very quick coldbath.

Begin with sessions of ten or fifteen minutes and extend the time gradually to one or two hours, twice or thrice daily.

If the sand-bath provokes profuse sweating after a very short time, get out immediately and cover yourself with dry sand once again, repeating this operation two or three times, if necessary, until the sweating stops.

Be aware of the length of time during which the sand-bath is usually tolerated, and finish the session within that time. *You should never wait until you feel tired or cold, as this could be harmful.* Do not extend the length of a session unless the results of previous sessions suggest that it would be safe to do so.

As soon as you get out of the sand-bath, immerse yourself completely in water, then rest under covers before going back into the sun or taking another sand-bath.

The technique of sand-bathing has changed very little over the centuries. It was perfected more than two thousand years ago, as is shown in the following text from Herodotus, quoted by Doctor Hector Grasset:

'Sand-assisted fomentation is suitable for patients with asthma, pneumonia, diseases of the bowels, gout, and progressive paralysis. It is also suitable for cachetics, hydropics, and all those with chronic complaints. Almost all patients respond well to this treatment, with the exception of small children. Summer is the best season for it, provided one chooses the warmest days. At dawn, prepare two or three ditches, the same size as the patient for whom they are intended, in thick sand on the shore, and leave this sand to be penetrated by the warmth of the sun. The patient's last meal must be well digested and he should go for a walk or take some gentle exercise beforehand. When the air-temperature is high enough and the sand sufficiently

warmed up, lay the patient in one of the ditches and heap upon him as much sand as he can comfortably support. His head and eyes must be protected from the rays of the sun. The position in which he is lying can also be used for this purpose; have him turned southwards, for example, during the morning and northwards in the middle of the day. Wipe his face with a sponge soaked in cold water and, if he is thirsty, give him something to rinse his mouth with. If he notices that his body is not becoming warmer or is even cooling down after he has sweated, he should say so. The assistants will then remove the sand which covers him, lift him out of the ditch and place him in the next ditch, covering him as before. This can be done a third time, if necessary, following the requirements of different diseases and the movements of the energies...

'We place in a sloping position those patients who have asthma, pneumonia, stomach complaints, cutaneous dropsy or a general appearance of ill health. A sitting position is used for patients with abdominal or tympanic dropsy, complaints of the colon, liver, spleen or hips and those with gout or paralysis of the legs or feet. Towards the end we lay the patients flat so that the relaxation can spread through the entire body and the beneficial effect of the treatment can be felt on the healthy as well as the sick parts, especially for those who want to take a cold bath afterwards. Near the ditches, ready for use, there should be huts of transparent horn, buckets of soft water and baths of sea-water which the patients will get into when they have stopped sweating. After the bath, pour water over them and massage them with oil...

'For intermittent illnesses, the treatment should last for not less than fourteen days and not more than twenty-one. In cases of dropsy, the number of days should be regulated according to the reduction in body size. If the treatment ceases to have any effect after the twenty-first day, let the patient rest for two or three days and then start the treatment again.'

POULTICES

If sand-baths are available locally, they can be carried on for a longer period of time. Otherwise sand can be used in poultices to continue the work of the sand-baths, once the visit to the seaside is over, or to follow a separate treatment.

The same problems and ailments that are treated by sand-baths can also be treated by sand poultices.

Warm up some river sand, or preferably sea sand, in an oven or stove. Put it in a bag, prepared in advance, big enough to cover generously the part being treated. When filled with sand, the bag should be two or three centimetres thick. Apply while the sand is thoroughly hot, secure the bag and leave it in place for several hours. Repeat as often as necessary.

SEA SALT

It is not possible to lay down a general rule about the use of salt in food, as it depends entirely on each individual case, on the excesses or deficiencies of sodium, magnesium, iodine, etc.

In principle, all mineral needs can be supplied with vegetables. These, however, must be organically grown and not reinforced with chemical fertilizers.

Unrefined sea salt can be looked upon as a useful therapeutic support which gives valuable help in a number of deficiencies that create imbalances of the humours, glands or nervous system.

It is well known that an excess of salt can contribute to raising the blood pressure. What is less well known is that abolishing it from the diet can produce the same unfortunate results. The total omission of salt from food causes the kidneys to secrete an enzyme, renin, which in its turn can produce an increase in blood pressure.

The sodium chloride in sea salt counterbalances the potassium added to cultivated soils, while its magnesium mitigates, to some extent, the noxious effects of both chemical fertilizers and the highly regrettable pollution of the seas.

For the prevention of cancer, the living magnesium of sea salt is a thousand times more precious than all the inorganic salts currently available. The iodine in sea salt

is equally alive and acts beneficially onthe thyroid gland, without any of the risks involved in taking chemically-produced iodine. In the same way, its bromide soothes the nerves without enfeebling the nervous system.

Apart from these useful substances, salt also contains catalyst trace elements (gold, copper nickel, cobalt etc.)

Quinton's plasma, an artificial physiological serum whose constituents and osmotic pressure are analogous with those of blood, is a mixture of sea water and spring water.

This similarity and this rich mineral content of sea water is also found, to a certain extent, in sea salt. Babies suffering from a mineral deficiency sometimes need to be given a teaspoonful of sea water or salted water before each meal.

As it contains clay particles, sea salt is an intermediary between earth and sea, and works very well with clay by enhancing its effect. It also has an action similar to that of clay, being a focus of attraction for morbid substances with negative radiations; in other words, it draws out and absorbs the disorder. Generations of people have used it for washing wounds, gargling and so forth, exploiting its scar-healing and antiseptic properties without fully acknowledging them. Gargling with salted water is not only effective for sore and infected throats: a mouth wash, more or less prolonged, is a great help in diseases of the oral cavities. Inflammations of the oral mucus membranes, as well as dental arthritic pyorrhoea, can be treated with mouth washes of strongly salted water (a soupspoonful of unrefined sea salt to a large glass of unboiled water).

If you have noticed some healing activity taking place and wish to increase it, you may find it helpful to prepare the clay with salted water. For example, to bring an abscess, boil or tumour to a head you could try the following plaster:

Into a fireproof receptacle (not aluminium) place two soupspoonfuls of unrefined sea salt and just enough water to dissolve them. Put this on to heat, stirring with a wooden spoon. Add enough powdered clay to give the consistency of an ointment. Spread this on a linen cloth and apply the hot paste to the afflicted area. Put a plaster on in the morning and leave it all day, then one in the evening to be left on all night.

When pus appears, apply cold plasters, made with clay only, during the day and continue with the salt-clay plasters at night for a few more nights.

The tonic effect of bathing in salted water is so well known that we have no need to stress it. For a child of ten years old you need approximately one kilo of sea salt for a hot bath lasting fifteen or twenty minutes. One such bath per week is sufficient. Reduce or increase the amount of salt according to age and size.

A hot footbath, with two or three pinches of sea salt, has a tonic action which affects the whole organism. Where varicose veins are present, use only lukewarm footbaths or replace them with handbaths.

Washing the whole body with cool, generously salted, water has a stimulating effect which is both mild and beneficial.

The remedy for glandular imbalances can be reinforced by full hot baths of salted water to which is added a 'seaweed soup' made with mashed bladder-wrack.

Slimming poultices are made with the same ingredients, seawrack and salt.

Nature is always at the service of beauty and health.

COLD HIP-BATHS

Taking a cold hip-bath is one of the best natural complements to a clay treatment and is equally beneficial both to the recovery of health and to its maintenance.

Use a receptacle that is deep and wide enough for you to sit in it comfortably. A large preserving pan or a plastic baby's bath would be suitable. Fill it with enough water to reach the fold of the groin. If you are using the bath, put a small stool under your feet so that your seat is immersed. In cases of varicose veins, however, it helps to have the legs in the water.

Tap water is usually the most convenient to use; but water from a well, cistern, spring, river or the sea can also be used.

To start with, keep the temperature of the water at 20-22 decrees Centigrade. You will find that quite soon you can easily tolerate water straight from the cold tap. In cases of extreme sensitivity to cold, shivering, etc. take a warm footbath at the same time or get out of the hip-bath before the temperature has increased. (After a cold hip-bath, the body temperature goes up by half a degree Centigrade due to the activation of organic energy-exchanges.)

In most cases, or for simply maintaining health, one bath per day is enough but in cases of fever one can take up to three or four baths every twenty-four hours. The best

time to take a hip-bath is in the morning, immediately after getting out of bed; but it can be taken at any time of the day.

The normal time to allow for a hip-bath is five minutes; this can be shortened for young children or people who are extremely tired. In a case of excessive nervousness, the water should be at 20-22 degrees Centigrade and the time of the bath should be extended to ten minutes.

A hip bath taken in the evening, just before bedtime, helps sleep to come easily and improves its quality.

The only contra-indications are: menstruation, serious heart conditions, difficulty in crouching down.

INSTRUCTIONS FOR USE

EYES

Eye problems such as weak vision, black specks in front of the eyes, etc. can be put right by treating the organs where the trouble starts — mainly the liver. Problems caused by malformation (squinting, double vision, astigmatism) need double applications of clay, first on the nape of the neck, to act on the vital centres, then on the eyes. Inflammations and infections (conjunctivitis, inflammations of the eyelids or cornea) call for repeated applications directly on the eyes. Accidental injuries can be treated in the same way. We have witnessed the restoration of a shattered cornea and displaced iris, treated only with poultices of clay applied cold.

Fairly thin poultices (barely a centimetre thick) should be applied with a piece of muslin or gauze on the closed eye.

In principle (and to avoid any reactions which might upset an inexperienced user), whichever complaint is being treated, simply proceed as follows:

First apply a poultice one centimetre thick. Leave it in place for slightly less than one hour. Then gradually increase the thickness and the time to two centimetres and two hours — or even all night for a poultice applied in the evening.

In cases of accidental injury, you should immediately apply some clay to the closed eye, protected if necessary by a piece of gauze. When the situation does not call for such urgent action, it might be better to start with the brow and then move down, either on to one eye if there is only one to be treated or, if both eyes need treatment, alternating between them. If the complaint is serious, the applications can follow each other without a break.

To complement the treatment, it can be helpful to use lotions or baths infused with a mixture of herbs as recommended by Doctor Leclerc:

Plantain leaves	10 grammes
Sweet clover flowers	5 grammes
Bleuet flowers	5 grammes

Soak for fifteen minutes in 250 grammes of boiling water and strain through a cloth. Use for lotions and eye-baths between applications of clay.

Once or twice a week, put a drop of lemon in each eye.

For light injuries, two or three poultices a day, alternating from one eye to the other, will suffice to restore order.

For problems caused by malformation, apply one or two cold poultices daily to the eye(s) needing treatment. The clay should be one centimetre thick and separated from direct contact with the eye by a piece of gauze. Leave in place for two hours, or longer if applications are made in the evening. In between, apply to the nape of the neck a strong poultice of warm clay, or cold if it can be tolerated, and keep it on for four hours.

Obstructions to the tear duct (weeping eyes) are treated with lemon in the eye and clay poultices along the wings of the nose.

NOSE

Coryza, hayfever, sinusitis, etc. should be treated by washing the nose internally with clay-water (a teaspoonful of powdered clay in a small cup of water, prepared in advance). Once, twice or thrice daily, breathe in clay water by plunging the nose into the cup, keeping one nostril closed with the finger. Breathe gently to let the water rise; a little of it may go down the throat. Repeat five or six times for each nostril in turn. Finish off by putting a few drops of lemon juice in each nostril.

To treat boils or pimples in the nose, make little tampons of clay paste, held in shape with a piece of gauze, and insert into the nostril. Leave each one there for an hour.

For sensations of dryness in the linings and mucus membranes of the nostrils, insert a mixture of equal parts of lemon juice and olive oil or almond oil or water.

Use this same mixture, replacing the oil with clay-water, for children who have colds or are not breathing well. Complete the nose-bath with inhalations of thyme (a few sprigs of thyme in a small pot of boiling water). There is no need to use any special apparatus; simply cover the head and the receptacle with a towel. After the inhalation, moisten the face with cold water and wipe dry.

If the disorder persists, particularly in the case of sinusitis, apply clay along the wings of the nose and on the forehead. Use two or three poultices of cold clay each day; they should be one or two centimetres thick and applied direct to the skin. In emergencies, use the migraine treatment (see below).

MOUTH AND TEETH

There is no better toothpaste than pure, sand-free clay, finely ground. It can be flavoured with dried, crushed leaves of mint.

If a clay has never been used before, place a little in the mouth; it should dissolve completely. This avoids the risk of removing the enamel from the teeth with sandy particles — something that could only occur with rough, unventilated clays.

If the teeth are becoming loose, due to dental arthritis, pyorrhoea, etc., or if they are in poor condition (caries, periostosis, etc.) use powdered clay alternated with strongly salted water (a soupspoonful or unrefined sea salt in a glass of unboiled water).

The same saline preparation gives the best results when used as a mouthwash. Use the mouthwash at least once a day — for example, in the morning while washing.

Sucking small pieces of clay is recommended, during the day and especially in the evening when going to bed, so that the gums become thoroughly impregnated with it.

In cases of dental abscesses, apply thick poultices of cold clay to the cheek and, at the same time, place on the affected gum half of a dried fig cooked in a little milk. The clay poultices on the cheek should be renewed every two hours and the fig (which should be as hot as possible) every hour.

EARS

To treat any form of deafness, place poultices on the nape of the neck, from one ear to the other. The ears should be lightly touched by the poultice. (See the section on "Nape of the Neck" for modalities of application).

Inflammations and suppurating conditions need cold poultices applied directly to the ear, with a large overlap all around the ear and particularly behind it. In serious cases, the cold poultices must be changed every hour and a half, with no interval between applications; the clay often becomes hot quite quickly. When the crisis has passed, two poultices a day (as for chronic or light complaints) will be enough. They should be kept on for two hours.

Once or twice a week, put half a teaspoonful of lemon juice in each ear (unless the eardrum is perforated) and leave it there for half an hour. If the lemon juice causes great pain, put a teaspoonful of warm oil into the ear in the evening, followed by lemon juice the following morning. Do this with one ear at a time, treating the other in the same way three or four days later.

THROAT

In cases of infection (angina, tonsilitis, pharyngitis, etc.) apply as many poultices as possible, cold, two centimetres thick. The clay should be placed directly against the skin and left on for about two hours.

After the crisis period, follow the same treatment as for chronic complaints (laryngitis etc.) by applying two clay poultices daily. The evening poultice can be left on all night. Complete the treatment by gargling salted water (sea salt) alternated with clay-water or a strong mixture of water and lemon juice.

NAPE OF THE NECK AND SPINNAL COLUMN

In all complaints where the head is affected (sinusitis, cold in the head, otitis, migraine, etc.), whatever their cause, the treatment can include applications of clay to the nape of the neck, between the localized poultices.

If the complaint causes a sensation of heat in the head, then naturally cold, thick poultices should be applied. The clay is applied straight to the nape of the neck; a piece of gauze, however, for protecting the hair, will not greatly impair its effectiveness.

If the clay does not warm up readily, or if the patient experiences a sensation of internal cold, stop the cold applications and use lukewarm clay instead.

For earaches, deafness, etc. it is helpful, although not essential, to precede the clay poultices with compresses of warm water behind the mastoid. These promote the elimination of toxins and reduce pain.

The poultice should be applied fairly high up, with the hair lifted out of the way. Tie the bandage around the forehead, not the neck. Leave in place for two to four hours, or all night — less if the clay dries quickly, cools down or tires the patient. Use three or four poultices a day during the crisis period and one a day afterwards.

Clay is usually applied warm to the spinal column, especially in the treatment of arthritis, decalcification and all diseases of the bones and marrow. The poultices are applied either locally or along the length of the spinal column. Use the same frequency and times of application as for the nape of the neck.

Clay on the nape of the neck has a beneficial effect on the pineal and pituitary glands.

If there are any reactions (sensations of vertigo, etc.), interrupt the applications to the nape of the neck and do not start them again until you have applied poultices to the lower abdomen for several days.

THYROID

Because clay creates equilibrium, it can be used equally well on an under-active or an over-active thyroid. In some subjects however, it occasionally provokes nervous tension (in the case of hyperthyroids, a latent nervousness on waking). It is therefore a good idea to begin treatment with applications of cabbage leaves or hot, damp compresses impregnated with a concentrated liquor of bayleaves.

Problems of the thyroid gland (internal or external goitre, over- or under-secretion) need fairly thick clay poultices (about one centimetre), slightly broader than

the hand. Apply them once or twice daily, and keep them on from two to four hours (or all night, if one goes to sleep wearing them).

Goitres (with or without exophthalmic extension) can be, if not cured, then at least reduced enough to be tolerated.

HEART

Cool compress (16 to 18 degrees Centigrade) are generally well tolerated by the heart. One can therefore begin treatment with compresses of cool, muddy water.

The first ones should only be left on for half an hour. Later they can be worn for one hour, then two. As soon as the compresses are well tolerated for two hours, you can consider replacing them with fairly thin clay poultices (about half a centimetre) to be kept on for the same amount of time. The thickness of the poultices can be increased, gradually, to two centimetres, still being left on for two hours.

If a poultice is put on in the evening and does not get cold or cause a sensation of cooling, it can be left on all night. Only apply one poultice every twenty-four hours.

As onion is a tonic for the heart, you can grate some on to the surface of the poultice which will be next to the skin, to enhance the action of the clay. If the clay chills the patient, warm it beforehand in a double saucepan.

LUNGS

For the treatment of colds and bronchitis, as well as other complaints, warm clay should always be used in preference to clay that is cold or lukewarm.

At Davos, in Switzerland, doctors specializing in tuberculosis used very hot clay. They coated the entire thorax of the patient with it, left him like that for twelve hours or more, and obtained some interesting results.

As, however, clay provokes fairly deep reactions, it would not be possible to continue such vast applications for a long time without exhausting the organism. Such major treatments should not be undertaken except under the surveillance of expert practitioners.

By applying two poultices each day, one on the chest and one on the two parts of the back, or one covering the entire left side and a similar one on the right, you can achieve (albeit rather more slowly) an identical result.

Before starting this application of two poultices a day in the treatment of chronic tuberculosis, it is advisable to make sure, first of all, that the nutritive organs are in good working order. Apply poultices to the lower abdomen first, then to the liver. Those for the lungs will come later.

Bronchitis, colds, laryngitis, whooping cough, etc. are treated with an application of clay on the chest every day and, in addition, another on the lateral parts of the back. Use warm poultices two centimetres thick.

If fever is present, complement the treatment with a mustard plaster each day. Soak a length of muslin in warm water; wring it out and spread it on a table. Sprinkle mustard powder over half the muslin and fold the other half over it. Put in place and leave for ten minutes from the moment when the patient feels a prickling sensation. Alternatively, go to a chemist and buy ready-made mustard plasters, prepared in strips to be cut according to the size of the part being treated.

More serious illnesses, injuries, etc., which involve a break in normal activities, need two poultices each day: a cold one on the lower abdomen and a hot one on the lungs, the latter applied to the chest one day, the back the next and so on.

After twelve days of this treatment, the cold poultice on the lower abdomen should be replaced by a poultice on the liver, warm or cold depending on which the patient

tolerates best. The one on the lungs is continued as before.

After fifteen to twenty days, the definitive treatment begins; a poultice on the thorax, alternated from one side to the other. All these poultices should be two centimetres thick and the clay should be in direct contact with the skin. Apply directly to the sick or injured parts of the body, if these are well defined.

STOMACH

The modalities for application of clay to the stomach correspond almost exactly with those described for the liver. However, even more than in the case of the liver, it is important that treatment is not applied too near mealtimes, especially during periods of digestion. You should wait for about two hours before applying a cold poultice; a warm one can be applied after one hour. Either should be removed at least an hour before the meal so that the reaction caused by the clay has subsided by the time the digestive process starts.

Ulcers, gastritis or prolapse of the stomach respond to the same treatment and require very regular applications of one poultice every day.

LIVER AND GALL BLADDER

Clay is not an 'omnibus' remedy that can be applied anyhow, anywhere, to anything, in any situation.

For it to be fully effective, its application must be suited to the individual case. A few tests should be made at the beginning of a course of treatment.

The climate and time of year are also important factors to take into account. A cold poultice, easily tolerated in summer or in a warm climate, can become unbearable when the season changes; a congested liver can react well

to cold clay while an enlarged gall bladder usually requires a warm application.

Begin, then, with a light, cold poultice, left in place for as long as there are no signs of chilling. In a few minutes the clay should no longer feel as if it was applied cold, nor should a cold sensation return at any time while the poultice is worn.

As soon as there is the slightest sensation of cold, uneasiness, new or increasing pain, remove the poultice, put the clay to warm in a double saucepan and apply a lukewarm poultice. If this gentle warmth is not enough, do not hesitate to apply a good, hot poultice which will be kept on for at least two hours; the evening poultice can be kept on all night if it does not dry out or cool down. A poultice can be applied in the morning and in the evening, a reasonably long time before or after any meal, especially if the poultice is cold.

Once the temperature of the clay has been decided, provide thick poultices (two good centimetres).

The clay treatment can be complemented by massaging the liver with olive oil, using circular, clockwise movements.

HEPATITIS (infectious or otherwise)

It is a great pity that more doctors are not familiar with the use of clay because, even in cases of the dreadful infectious hepatitis, it is a powerful remedy whether taken internally or applied externally to the liver.

As the patient is usually bedridden, there is nothing to prevent the poultices from being applied in continuous succession every two or three hours (except at night, when one change will be enough). Complement the treatment with the infusion indicated elsewhere for hepatitis.

By following this course of treatment it is possible to reduce the period of immobility by more than half and to avoid repetitions of the crisis.

LOWER ABDOMEN

As the lower abdomen is usually a centre of fermentations caused by an increase in temperature, the clay poultice is almost always applied cold and thick (about two centimetres). Place the clay against the skin, using gauze only on hairy parts. The poultices should be enormous.

In some complaints, particularly those of the bladder or ovaries, cold clay could be poorly tolerated and cause stomach cramps or other problems. In such cases, do not hesitate to use warm or even hot clay.

Any clay treatment should normally start with the lower abdomen, before poultices are applied anywhere else.

Two or three poultices can be applied daily and left in place for two to four hours — less if the clay dries, cools or causes any kind of nervous disturbance; more if it is tolerated easily. Follow this treatment with one poultice a day, applied well away from mealtimes. Do not put cold clay on the abdomen during the menstrual period unless there is an increase in body temperature (fever).

At any stage of pregnancy there is no risk at all — quite the reverse — in making frequent applications of clay to the lower abdomen.

If a coil is present, you might wonder whether it will be expelled by the clay treatment. This could happen but would certainly not occur straight away. There would be warning signs first (pains or vomiting), in which case all you need to do is stop the applications or space them out a little.

KIDNEYS

In cases of lumbago, nephritis and all diseases of the lumbar region, it is preferable to apply the clay hot, or at least warm, unless the patient is already used to clay applications, in which case cold clay can be tolerated.

To distinguish the kidneys (organs) from the lumbar region: the former are situated fairly high up, under the ribs. The placing of the poultice, therefore, will not be the same for nephritis as for lumbago.

Prepare large, thick poultices, with the clay placed as close to the skin as possible. Use one or two poultices daily. Keep them on for two to four hours, or all night if there are no adverse reactions. Complement the treatment by massaging lightly with a mixture of equal parts grated garlic and muddy water.

Clay poultices are an essential factor in the treatment of renal tuberculosis and problems of the suprarenal glands.

LIMBS

Treat diseases and malformations either with thick mud baths or with clay poultices.

For fallen arches, bunions, other malformations and bony or muscular weaknesses, cover the foot completely with a thick layer of clay. Do the same for lesions and deformations of the hand.

When both feet need treatment, put clay on top of one foot and underneath the other, alternating each evening, so that the patient can still get about during the night.

Mud baths should last for about thirty minutes and poultices should be kept on for two hours or longer. Complement the treatment by rubbing the afflicted limb with a mixture of equal parts of grated garlic and oil of camphor.

FINGERS

When only one finger needs treatment, surround it with a good thickness of clay and renew the poultice every two or three hours. If a poultice is put on in the evening, however, to be kept on all night, the clay around a single finger might

well become so dry that it causes compression and blocks the circulation of the blood. It is therefore important to place the evening poultice around several fingers at once.

SWELLINGS, ABSCESSES, BOILS, ANTHRAX AND WHITLOWS

Apply very thick poultices (about two centimetres) in a saucer shape, placing the clay in direct contact with the afflicted part. Leave in place for one hour (an hour and a half at the most). If there is a localized sensation of intense heat before the end of the hour, remove the poultice and replace it with a fresh one.

The poultices should follow each other continuously, night and day. If it is only possible to change them during the day, replace the last poultice of the evening with the salt-clay plaster described in Chapter 4.

During the day, the 'ripening' of the abscess can be accelerated by alternating clay poultices with poultices of onions, baked and applied hot and, again, left in place for one hour.

When suppuration has finished, you should apply cold clay poultices which can remain in position a little longer (from an hour and a half to two hours). At night, apply a compress soaked in muddy water or in a brew of box leaves. (Use a handful per litre of water and boil for ten or fifteen minutes.) The compress can be left on until the morning.

Even when the sore has closed, it is worth continuing with the clay poultices until all trace of a scar has disappeared; but they should be applied less frequently and kept on for longer (two to four hours).

Between poultices, wash the affected part with salted water (not boiled). Use a handful of sea salt to one litre of water.

Along with the external treatment, follow a cleansing diet to remove toxins from the body through the normal channels of elimination (intestines, kidneys, bladder). If this is not done, there is a grave risk that the body will use the cutaneous route to free itself of toxins. Adopt a diet that is as natural as possible — vegetarian, and including a high proportion of fruit and raw salads. Take a teaspoonful of powdered clay orally, morning and evening. Watch the frequency of bowel movements and encourage them, if necessary, with laxative infusions.

ACNE

Soak the hairs of a soft brush in a clay paste prepared as for poultices. Gently brush over the affected area. Leave the resultant light coating of clay to dry. Rinse, then wipe the skin with a little lemon juice.

To treat the condition from within, take one or two teaspoonfuls of clay daily, morning and night or before meals.

Many skin conditions can be treated with clay; but it is sometimes helpful to complement the treatment with lotions or compresses of box (see below). For mycosis around the fingernails, wash with essence of lavender. Apply with a piece of cotton-wool, making sure that the lavender wash penetrates well between the nail and the flesh. Do this two or three times a day. Mycosis is a stubborn complaint and the treatment may need to be continued for several months.

EXCZEMA AND CRUSTS ON THE SKIN

Take a teaspoonful of clay every morning and a laxative infusion if necessary, together with a cleansing diet.

Spread the clay paste, by hand, over the affected areas. The layer of clay should be compact and fine enough to stay in position. Leave exposed to the air and remove the

clay when dry. Wash the area with salted water (sea salt) or a lemon solution. Renew the dressing as often as possible.

If itching occurs, apply an ointment made with finely-powdered clay and sweet almond oil or olive oil (see the section on Care of the Skin for the recipe).

BONE DISEASES

The results achieved with clay in the treatment of osteopathic ailments are the most astonishing of all. Cases regarded as extremely serious, where suppurations and discharges of bone debris were persisting in spite of medical treatment, have been happily resolved by the use of clay.

As it is a general organic deficiency that needs to be corrected, the treatment will basically resemble that described below for diseases of the hip — except that the clay will obviously be applied in different places (i.e. the seat of the disorder) and the poultices will be left on for a shorter time if there is an open wound and suppuration. As described at the beginning of the section devoted to abscesses, the poultice must be changed as soon as a sensation of intense heat occurs.

Also, it is important that the poultices are both wider and thicker than for an abscess of the skin. A certain mass of clay is needed for its action to be sufficiently deep and effective.

SUPPURATING WOUNDS AND GANGRENOUS ULCERS

Use the same treatment and the same diet as for abscesses and boils, with the following variations:

At night, apply a large liquid dressing well-impregnated with a decoction of box leaves (40 grammes of dry leaves to one litre of water; boil until reduced by half; cool and

strain). During the course of the night it may be necessary to change compresses that have been applied cold or lukewarm.

If the affected area responds to this treatment, bathe it several times a day in the same decoction, for half an hour at a time. The baths should be lukewarm, renewed twice daily, and thrown away after use.

If ulcers are extremely painful, it helps to alternate the clay poultices with applications of raw cabbage leaves, either in their natural state or minced and soaked for several hours in an equal mixture of lemon juice and water. Lay the cabbage leaf directly on the ulcer and heap the others on top of it. Leave in place for the same amount of time as the clay.

BE CAREFUL!

In the treatment of ulcers and tumours, as of all wounds that are suppurating or liable to suppurate, the first effect of clay is a radical cleansing of both the wound and the neighbouring parts.

The result is an apparent aggravation, with the wound increasing in depth and width. Do not be deterred; you can confidently continue the treatment, as new flesh will soon grow. The wound will look as if it is discarding the infection. The pus contained in the area will make the dead skin look bluish-purple and will fall away, to be replaced by new, healthy cells.

A cleansing diet should be scrupulously maintained (see *Healthy Living or Going Vegetarian* — An Introduction).

BENIGN TUMOURS

It would be childish and possibly dangerous to profess to resolve all the problems implied by tumours in a few lines of text.

It is true, however — as the facts have clearly demonstrated — that no other remedy has proved so efficacious as clay in the treatment of tumours. Nevertheless it must be borne in mind that a tumour is a symptom of a deep-seated disorder which expresses itself through a merely local manifestation.

The cellular disharmony which is at the basis of this disorder will respond to a complete treatment which includes, among many other things but perhaps the most important, following a diet which is physiologically appropriate.

It is only advisable to begin local applications after fifteen to thirty days of general preparation, including a fruit cure, clay taken internally and applications of clay to the lower abdomen.

If the tumour is external, proceed exactly as for abscesses.

The treatment of internal tumours calls for some precautions. A vital organ might be nearby, so it is important to make sure that the tumour does not spread as it normally would at the start of a treatment. The poultices, therefore, should be scarcely a centimetre thick — just enough to be effective without stimulating over-powerful reactions. One a day will be enough to start with, during the first week, after which they can be applied more thickly and more often until two or three poultices, two centimetres thick, are being applied twice or thrice daily.

Even if the tumour affects a deep organ, the clay must not be left on for longer than three hours as its radiations could become negative when in contact with the diseased organ.

Cold clay should be used in most cases, except for tumours of the spinal column or its neighbouring areas where lukewarm clay is preferable. Clay can also be applied lukewarm to other areas if cold clay causes chilling; *but it should be applied cold as often as this can be tolerated.*

To sum up: the definitive treatment includes two or three daily poultices, two good centimetres thick. Apply the clay directly to the skin and leave the poultice in place for at least two hours — three hours at the most.

BURNS

Burns treated with clay heal better, more rapidly and with less residual scar tissue, than those treated by other methods — especially if the clay is applied immediately.

Rapid intervention plays an important part in the healing of a burn. If some clay is always on hand, ready for use, a burn can be healed quickly, without scarring and with very little pain.

Apply the clay cold, in a thick poultice, with a piece of gauze between the clay and the burn. After an hour — or sooner if the pain is intense — remove the poultice, leaving the gauze in place if it will not come away easily. In the same way, if fragments of clothing adhere to the burn in the case of deep, extensive burns, leave them as they are and apply the clay on top of them — provided, of course, that the clay has enough points of contact with the burn.

Clay eliminates all risks of infection and absorbs any impurities and foreign bodies. It also removes dead cells and promotes the growth of new ones.

Continue with the applications, day and night, renewing them every hour until new tissue appears. Then leave the poultices in place for two hours. Reduce the frequency of application and continue to apply three or four poultices a day until the tissues are completely restored.

If the burns are on the hand or foot, plunge the limb straight into a receptacle containing a clay paste. It is often enough to stay like this for an hour in order for all trace of the burn to have disappeared when the hand or foot is pulled out of the mud bath. For extensive burns it is helpful

to plunge the whole body into a large receptacle full of clay, as well as taking any other measures necessary for the overall wellbeing of the patient.

Burns caused by acid can also be treated with clay; those caused by alkali should be treated with a solution of lemon juice and water.

In all cases the patient should drink a lot to avoid dehydration.

WOUNDS

If the wound is fresh, put powdered clay directly into the wound itself, then 'smother' it with a large poultice of very cold clay, firmly secured. This poultice should stay on for scarcely two hours. The wound should then be washed with a solution of water and sea salt or lemon juice, after which a compress of muddy water should be applied.

If you suspect that a foreign body might have remained in the wound, keep applying clay poultices until there is no further doubt. All foreign bodies will be drawn out by the clay and you will find them embedded in it.

There are frequent cases of foreign bodies, lodged in or near a vital organ, which cannot be extracted by surgical means but which are drawn out by clay.

As soon as the state of the wound permits, expose it to the air to accelerate its healing. It is sometimes necessary to apply a dry dressing to protect the wound from rubbing or from any contact whatsoever. This dry dressing sometimes sticks to the wound and is difficult to remove. You can avoid this problem by making the following antiseptic dressing: peel an onion; pull one layer off, carefully, and retain the fine skin interpolated between the successive layers of the onion. Apply this skin to the wound, which it will protect and disinfect. Put the dry dressing on top and bandage it over. This method is equally useful for the dry dressing of ulcers and all other wounds.

ADHESION AND POST-OPERATIVE CONDITIONS

Applications of clay give the best results in the reabsorption of adhesions, scars and other post-operative conditions. Do not act too soon after the operation; let three or four weeks pass, as clay could make the stitches 'jump out' prematurely.

Clay absorbs and reduces excess radioactivity. It makes sense, therefore, to apply it at once after a radiation treatment, or, if there are several of them, between sessions.

Begin with fairly thin poultices (a half to one centimetres) and keep them on for at least two hours. Gradually progress to poultices about two centimetres thick. If the poultices are well tolerated, do not cause tiredness, do not dry out too quickly and do not cool down, you can leave them in place all night.

Use cold clay to start with. If it does not heat up very soon after being applied, warm it in a double saucepan.

BRUISES, BLOWS, SPRAINS AND BUMPS

No bruise or sudden blow should be neglected, since ligaments and vessels can be torn or nerves injured.

To clear up a state of congestion, cold clay should be applied in poultices one or two centimetres thick. Leave them in place for two hours — less if the clay heats up or dries rapidly.

It is helpful to apply the poultices one after the other. The more you apply them, the faster you achieve the desired result. Applications should be continued until all trace of pain has vanished.

Apply a compress of muddy water every evening and leave it in place all night.

FRACTURES

The use of clay instead of plaster, in the treatment of fractures, allows the fracture to heal more quickly and avoids all the complications that ensue from the use of plaster.

Plaster merely holds the broken parts in position; it is passive. Clay, on the other hand, is active and its absorbent capacities and life-giving radiations contribute significantly to the repair of the bone.

The bones must be set in position and held there by securing the limb to a splint, which should be squared off at the end if it is the leg and foot that have to be immobilized. If various different bones are displaced, call in a specialist to set them.

If the broken limb has been set in plaster, apply clay as soon as the plaster is removed.

Experience has shown that no problems are caused by applying clay after a peg, pin or metal plate has been surgically introduced to mend the fracture. All the same, it is best to start off slowly and carefully with fairly thin poultices (about one centimetre) left in place for an hour to an hour and a half. In general, clay does not provoke or encourage the expulsion of foreign bodies unless they are mobile (splinters, pieces of glass or flint, bullets, etc.)

Cover the whole limb with cold or slightly warm clay in an even layer two centimetres thick. If there is an open wound, change the clay every two hours; if not, twice a day is enough. Shave any hairs beforehand. Alternatively, you can place a piece of gauze between the clay and the skin; but direct contact is always preferable. Between poultices, wash the skin with fresh water, using neither soap nor spirit.

HAEMORRHAGES

Apply a continuous series of thick, cold poultices, leaving them for one or two hours on the area involved (nape of the neck, lungs, stomach, abdomen, kidneys etc.). If the

haemorrhage is nasal, apply the clay to the nape of the neck and place a piece of cotton wool, well-soaked in lemon juice, inside the bleeding nostril.

CONGESTION, HEATSTROKE, HIGH BLOOD-PRESSURE

Apply very thick, cold poultices to the nape of the neck — as soon as possible, and as many as possible. Leave for an hour to an hour and a half, renewing them until the patient is restored to normal.

At the same time, apply equally thick, cold poultices to the lower abdomen — two poultices daily, left on for two hours. While the poultices on the lower abdomen and nape of the neck are in position, cover the head with a cap of raw cabbage leaves, three or four leaves in thickness.

If possible, take two mustard footbaths, lasting ten or twenty minutes, every day. Make the baths with a handful of mustard powder to a pan of lukewarm water. If the patient cannot sit up for the footbaths, replace them with mustard flannels and poultices of grated raw onion applied to the soles of the feet.

To be on the safe side, continue to apply the poultices (two on the nape and one on the lower abdomen each day) for several days after the crisis has passed.

WARTS, MOLES AND VARIOUS GROWTHS

Apply clay in pieces as big as a walnut — one walnut or more, depending on the size of the area being treated. These cold plasters should be left in position for an hour and a half and renewed as often as possible.

It may sometimes be necessary to continue the treatment for several months; but we have seen vascular moles and birthmarks (which were inoperable or could only be operated on at great risk) reabsorbed by the use of this method.

The treatment can accommodate interruptions between the applications of clay, especially those necessary for the fulfilment of professional duties. Apply the clay in the morning and start applications again as soon as the person being treated has come home from work.

For warty excrescences, the treatment can be activated by rubbing them several times a day with a with a cut clove of garlic or applying the fresh sap of spurge, celandine or dandelion.

HERNIAS

The possibilities of cure vary with the age of the hernia. For a hernia that has lasted one or two years, there is hope of a complete cure; for older hernias, the chances of reabsorption are greatly reduced.

The first component of the treatment is the bandage which will support the clay poultices. It should be strongly made so that it holds the poultices firmly in place and can withstand several months of use.

The affected area is usually inflamed, so that cold clay can be well tolerated. Apply fairly thick poultices (a good centimetre) which are larger than the area of slackness. Hold them in place with the bandage and keep them on for two to four hours. If it is not always possible to renew the poultice at least every four hours, then remove it and replace it with a cotton pad, the same size as the poultice, which has been prepared in advance. *Do not leave the hernia unsupported until it has been completely reabsorbed.*

Lightly massage the part being treated, morning and evening, with a mixture of olive oil and crushed garlic. The massage should be given by someone other than the patient, who must be completely relaxed.

No effort or movement should be made when the bandage is not in place. This is the secret of a successful treatment. The poultices and pads should be reduced in size as the hernia is reabsorbed, until it finally disappears.

The clay treatment can be complemented with compresses of oak bark (100 grammes to a litre of water, boiled for half an hour) kept in place all night by the bandage. Gymnastic movements of the abdomen are also helpful.

VARICOSE VEINS AND HAEMORRHOIDS

Proceed simply by 'painting' with clay. Take some cold clay paste in your hand and spread a good even layer of it over a large area of the leg. There is no point in preparing a dressing; the clay should hold in place by itself.

After an hour, or an hour and a half, when the clay is dry, wash the leg and 'paint' it again if circumstances allow. Avoid very thick poultices, which are liable to cause a heavy draining of toxic substances towards the place of application. Light applications, repeated as often as possible, give the best results, especially if they are persevered with. For the night, put on a compress moistened with a decoction of plantain or oak-bark (100 grammes per litre of water, boiled for half an hour). An alternative night dressing is a thin poultice of clay with fresh leaves of plantain, Solomon's seal, or three thicknesses of raw cabbage leaves on its surface.

For haemorrhoids (piles) apply small poultices of cold clay and leave in place for an hour and a half to two hours — less if the haemorrhoids are weeping. Secure the poultice with a T-shaped bandage. Complement the treatment with small lukewarm hipbaths or enemas of oak-bark decoction (200 grammes of bark to two litres of water).

The clay for both varicose veins and haemorrhoids can be prepared with a decoction of plantain, oak bark or cotton-thistle leaves instead of water.

MIGRAINES

Alternate poultices between the brow and the nape of the neck.

On the brow, use light poultices of cold clay left on for an hour. The surface of the clay which will be placed against the skin can be sprinkled with lemon juice.

On the nape of the neck, use thick poultices of lukewarm or cool clay, left on for two hours or more.

At the same time as the poultices on the brow or nape, or alternated with them, apply clay to the liver, using the same thickness and length of application as for the nape.

This alternating of the poultices should be continued for as long as necessary, until the migraine has gone. Complement the treatment with warm footbaths, except where there are varicose veins present, in which case use warm handbaths.

SHINGLES

The pain of shingles, which is sometimes unbearable, usually recedes after the third or fourth poultice. Apply the poultices one after the other, leaving each one on for about two hours. Complement the treatment with compresses soaked in a decoction of box.

ARTHRITIS, RHEUMATISM, SCIATICA AND NEURITIS

In severe crises, accompanied by fever, the joints and nerve-paths are inflamed and congested. They need cooling with large, thick poultices of cold clay.

The treatment of chronic conditions, on the other hand, usually involves warm applications; but there is no general rule.

You should therefore feel your way tentatively at first, applying the clay cold and heating it up later if the cold application fails to getwarm enough or does not agree with the patient.

Apply the clay directly to the painful areas, which should also be rubbed with a mixture of equal parts of mud and grated garlic to complement the treatment.

When the crisis is at its height, apply two or three poultices daily, leaving them in place for two to four hours. The evening one can be kept on all night.

During the normal course of treatment, one poultice a day is enough if supported by a holistic, natural life-style (vegetarian diet etc.). It is essential, however, that the clay applications are continued on a regular basis for as long as necessary.

SLIPPED DISC

An outbreak of sciatica is often caused by the crushing or slipping of a cartilaginous intervertebral disc; this is known as a discal hernia.

Extraordinary as it may seem, the disc can be partially restored or can return to its normal position under the influence of clay when this is applied with perseverance to the lumbar region.

There are, obviously, other locations in which a discal hernia can occur. In these cases, the clay is applied to the relevant spot. In the majority of cases, however, it is the lumbar region that is affected.

The treatment is the same as that described below for hip diseases, except of course that most of the spinal column should be covered, rather than the hip.

To mitigate the pain of sciatica, take piping hot foot-baths prepared in advance by boiling two handfuls of bran and two of walnut-leaves.

DISEASES OF THE HIP

Despite the well-known complications of all hip complaints (coxarthritis and coxarthrosis in particular), clay can help to reduce the pain, allow normal activities to be continued or taken up again, and progressively re-establish movement and balance. It is almost the only remedy that can do this.

The poultice is applied to the lumbar region of the spinal column, and to the affected hip. If the articulation of both hips is affected, apply the clay to each in turn.

The more often you apply a poultice, the more certain you can be of achieving results; but you can hope for great things simply from applying one poultice every evening and leaving it on all night.

Complement the treatment by taking clay orally, first thing in the morning on an empty stomach, alternating it with the egg-lemon treatment and, to prevent mineral loss, the infusion which will be described later.

It would be unrealistic to expect a rapid result. It is only months and months of care and attention that can bring about the desired healing.

INFLUENZA AND FEVER

Treat an attack of fever with an unbroken succession of clay poultices on the lower abdomen and cold hip-baths. The poultices should be thick and cold, and left on for two hours.

You should also use local applications (chest, nape of the neck, brow, etc.) depending on the case. Stop all solid food and drink as much as possible (herbal teas, lemon-water and clay-water).

PREGNANCY

Clay, together with a vegetarian diet, has a most beneficial influence on the formation of the foetus and the preparations for labour.

Take a teaspoonful of clay regularly each day, one week in two.

If the child is badly positioned, do not hesitate to apply clay poultices to the stomach right up to the last possible moment. It is preferable, however, to do this carefully and systematically during the last months of pregnancy; in this way (as we have observed), children who are badly positioned turn themselves round when the moment comes. Although this may seem surprising, it often happens.

Apply lukewarm clay poultices to the lumbar region if back pains occur.

Cold poultices, applied to the stomach immediately before labour, prevent all sorts of problems (especially the risk of infection) and promote an easy delivery.

Drinking clay-water encourages lactation.

EXCESSIVE PERSPIRATION

This problem will decrease and finally disappear altogether with a natural diet. Meanwhile, its unpleasant effects can be mitigated by localized sprinklings of very finely powdered clay.

If the feet are affected, soak them every day in thick clay mud for thirty minutes to an hour. Complement the treatment by washing with lemon juice or, in extreme cases, with a concentrated decoction of oak bark.

VETERINARY USES OF CLAY

Animals sense instinctively that contact with clay can help them when they are ill or wounded. Those who live in the wild make for the nearest available mud and dip the affected part of the body into it. An injured cat, or one with abscesses caused by blows or accidents, will lie down willingly on a heap of dry clay covered with a cloth. It will often choose this rough bed in preference to a more comfortable one.

Apply the clay exactly as you would for a human being. Complement the treatment with washes, compresses or enemas made with a decoction of box leaves.

Farm animals can be dipped in a mudbath created by digging a ditch and filling it with clay and water.

Cows have been cured of foot-and-mouth disease with mouthwashes and applications of clay to the feet. In some rural districts, animals that are seriously ill have been saved by being entirely coated in a mixture of clay and vinegar. Good results are also achieved by replacing the vinegar with salted water (sea salt).

Animals' drinking water can, of course, have clay added to it (four soupspoonfuls per litre of unboiled water, approximately).

AGRICULTURAL USE OF CLAY

Clay can be substituted for all chemical products used in plasters, distempers, mastics, sprays etc.

It is the best possible dressing for injured trees. Make thick applications which should stay in place of their own accord if the clay is sufficiently well compacted. As long as the clay stays put, there is no point in applying any more.

Before pricking out or replanting, soak the roots of small plants in a mudbath and use the same mixture to wash the roots of trees, bushes and large plants. To each five litres of mud, add a cup of camomile tea (25 grammes of flowers to one litre of water; do not exceed this dose).

The addition of clay will improve an acid soil, as will be shown by the appearance of daisies, moss or buttercups.

Added to organic waste, pulverized clay increases both the production of humus and the quality of carbon retained in the soil.

CONCLUSIONS

What laboratory could claim to have produced a remedy that can be used for the treatment of both burns and arthritis, both sinusitis and ovarian cists, that can cure inflammation of the ear as well as whitlows, anthrax, ulcers or abscesses? What other remedy has proved so effective in mending fractures, toning up a weak backbone and reducing an attack of fever so that the organism can rally its defences?

Such a multivalent remedy can only be the work of nature; and it is nature, as much as the clay itself, that does the work.

This extraordinary remedy has been successfully used in all sorts of cases. Particularly remarkable are the infected wounds; not one of the infections has ever grown worse, even though the water used for making the poultice is never boiled nor the dressings sterilized.

The voices raised in warning against this wonderful remedy are falling silent and the number of people who still have not heard of it is shrinking. A medicine for all time, old as history, known to be good for animals, equally beneficial for vegetables, clay is the remedy of today and tomorrow. It is the only one whose future is assured. People will no longer talk of 'great modern medicines' because they will have a higher regard for this gift of nature which is always available to those who make the effort to discover, accept and, above all, experience its power.

When you cannot find instructions that are specific enough for a particular case (and there are so many cases!), there is nothing to stop you from finding your own way, bearing in mind that there is always something to be gained from using clay and that no situation can ever be really aggravated by it.

There is no special knowledge required to begin with; everything depends on observation and judgement.

People who send clay to be analysed are often highly surprised to find various germs in it, since they were acting on the assumption that these had been destroyed. It is not the presence of germs that should cause concern but rather their unchecked proliferation. Clay puts a stop to this process, not by killing the germs but by helping the organism to resist them.

This is not a theory but a certainty, and one that can be achieved by any individual who starts using clay to treat wounds or infected ulcers. It is the result of more than thirty years of experience and observation.

PART TWO:

RESULTS AND RECOMMENDATIONS

SAMPLE RESULTS

This chapter presents a selection of typical cases, from among the many accounts of cures which we have been able to check, where clay, together with a natural diet, has been the main treatment given.

ARTHRITIS: The patient was 64 years old and had arthritis in one leg. The treatment, consisting of clay taken orally and local application of poultices, was carried on until the cure was complete a year later.

ASTHMA: The patient also suffered from eruptions on the skin of the face. A month of natural treatment with a teaspoonful of clay per day produced a marked improvement.

BLOOD POISONING: The blood was poisoned with staphlococci. Sulphonamides, penicillin and other medications had no effect. After four months of clay treatment (oral) the cure was complete.

Boils (Recurring): Clay, taken orally and applied in poultices, healed these so that several years later they have still not returned.

CANCER OF THE BREAST: After removal of one breast, followed by X-rays and radium treatment, nodules appeared in the other breast. An operation was planned, with the prospect of a very short life-span afterwards.

The patient turned to natural medicine, changed her diet, drank herbal teas for her liver and applied clay to the nodules and tumours. Her health improved steadily until she had an accident, broke her backbone and had to be put in plaster. The surgeon cut a hole in the plaster cast so that clay could be applied to the fracture.

It is now twenty years since she first took up treatment by clay; and this woman's health is the envy of many.

CANCER OF THE EAR: The patient was 78 years old and had already had an operation for the condition. There was a relapse, which the specialists who were consulted regarded as a sign of imminent and unavoidable death, as all new medical and surgical treatment had failed completely.

Repeated applications of clay to the tumour itself stimulated secretions of pus and black blood. The tissues began to rebuild themselves, so well that after eight months of treatment the sore was almost closed. Nearly two years after the predicted date of certain death, the patient is still alive and the disease is still retreating.

CANCER OF THE KIDNEY: The patient, aged 60, was advised to undergo an operation by the doctors who discovered the condition. First of all, however, the patient decided to try natural methods of cure — clay poultices in particular.

The haemorrhages did not recur. The body's energies gradually returned, without any time off work being necessary for recuperation; and the patient, as observed by close associates, showed marked signs of becoming more youthful.

CERVICAL ADENITIS: *The patient, a boy of 11 years old, was also suffering from* ***spinal decalcification.*** Clay poultices were applied to the spleen and ganglions. The child also drank clay-water.

One ganglion broke up, then another. The general state of health improved and by the following spring (the treatment having begun at the end of August), the parents were able to consider their child cured.

CHILDBIRTH: *A woman became pregnant at the age of 38, while her general health was very poor (blood poisoning).*

A natural treatment was given, clay being taken orally and applied to the lower abdomen. The delivery went very well and the baby (a little girl) is perfect. The mother recovered rapidly.

COLDS: *The patient suffered from colds originating in nervous problems.* After a month of washing the nose with clay water and applying clay to the nape of the neck, a distinct improvement was seen.

Progress continued during the following months and there was no relapse throughout the year.

COLONIC INFLAMMATION: *This condition was complicated by dolichocolon (the colon forming loops).* It required a year of treatment, both with clay taken orally and with poultices on the abdomen, before the cure took place.

DISLOCATED HIP: The patient was a young woman (30 years old) who had suffered without respite since the age of 4. She began using applications of clay simply in the hope of easing her pain.

The pain lessened, then disappeared. She was surprised and delighted to discover that, in the process, her atrophied leg regained its muscular strength and became almost as good as the other one.

DISLOCATION OF THE RIGHT FOOT: After an operation, the scar did not close but suppurated continually. The infection spread to the bone and amputation was being considered.

When the clay treatment started, the foot was twice its normal size and was violet-coloured, almost black, with pus flowing from it profusely.

Clay poultices were applied for several months, with the result that the bone was restored and the wound closed.

DOG BITES: A deep dog-bite on a child's leg was completely healed in twelve hours.

EAR, NOSE AND THROAT INFECTIONS: As soon as natural treatment began, with clay poultices on the nape of the neck and a teaspoonful of clay taken daily, heavy discharges of pus occurred, first from the nose, then from the ears, whereupon the cure was complete.

ECZEMA: The patient had suffered from eczema for eighteen years and had been treated by specialists for three years, without any improvement.

Natural treatment was started, with clay taken orally. There was great improvement within two months and total cure in five.

EPITHILIOMA: The patient had epithilioma of the tonsular pillar. This was cured with clay taken orally and poultices applied to the neck.

ERYSIPELAS: *The patient's face was enormously swollen and the forearms completely peeled. The intestines were blocked and there was inflammation of the parotid gland, with facial paralysis.*

A treatment with antibiotics had not only proved useless but also provoked a dreadful sensation of explosion in the stomach.

As soon as the first spoonfuls of clay were taken, the intestines unblocked and the general state of health improved. Cure of the erysipelas followed rapidly. The facial paralysis disappeared after six months of treatment.

At the start of treatment, the patient took a soupspoonful of clay every morning and drank clay-water during the day.

FACIAL NAEVUS: The first applications of clay caused small haemorrhages, which alarmed the 66-year-old patient who was already very depressed.

The treatment was continued nonetheless and the naevus was reabsorbed without trace in six months.

FALLEN ARCHES: The arches of the patient's feet were so weak that supporting bridges, and then orthopaedic shoes, were needed to hold them up.

For several months the condition was treated by enveloping the feet in enormous wrappings of clay. The orthopaedic shoes were abandoned and then the supporting bridges. Normal walking was resumed, with shoes in the latest fashion.

FEVER: *The patient was in a permanently feverish state.* The fever had resisted two years of orthodox medical treatment but disappeared after four months of oral intake of clay combined with poultices on the lower abdomen. There was no relapse during the following months.

FIBROIDS OF THE WOMB: These were causing serious haemorrhaging at the onset of the patient's periods.

Clay was drunk and applied to the lower abdomen. After three months of treatment, the patient underwent a medical examination. The conclusion reached was: 'She has the womb of a woman of 20'. The patient was 50 years old at the time.

GANGRENE: *A gangrenous wound in the heel* spread noticeably at the start of clay treatment (oral and poultices). The suppuration continued for several months. The flesh around the wound was purple, the wound itself very deep.

Six months of treatment were needed to eliminate the pus and rotted flesh and to rebuild the tissues.

Total cure was achieved in eight months.

GAS POISONING: *The patient had been poisoned by benzol fumes and had stabbing pains under one breast.*

Cure was achieved in one month with a daily treatment of a teaspoonful of clay taken orally and two poultices on the breast.

GOUT (uric acid): Good results were achieved after four months of treatment consisting of a soupspoonful of clay taken daily.

HAYFEVER: This was healed after a few months of using clay, orally, in poultices applied to the nape of the neck, and by bathing the nose in clay-water.

HERNIA: Cured in a few months with daily applications of clay.

HYPERTENSION: *The problems caused by nervous tension* disappeared completely after four months of clay treatment.

KIDNEY FLOATING: This was cured in seven days with continuous applications of bags of hot sand alternated with clay poultices.

KIDNEY STONES: The patient also had pus and albumin in the urine. Four months of treatment, with clay being taken orally and applied in poultices, were enough to bring painful reactions to a complete halt and achieve a cure which was verified by laboratory tests.

LOSS OF WEIGHT: The patient had lost eleven kilos in one year and was suffering from prolapse of the stomach and intestines, with a deformed uterus.

Clay was drunk and applied to the stomach and lower abdomen. The state of complete health thus regained was not in any way affected by two pregnancies following the cure.

LYMPHANGITIS OF THE BREAST: This complaint occurred during lactation. Radiation treatment had been used without success; injections and an operation were being considered. The rays had burnt the skin.

The patient began applying poultices of marshmallow leaves, then of clay. In one month the breast was back to its normal size; in two, the cure was complete and the skin renewed.

MENSTRUATION ABSENT: The patient was 45 years old and had never menstruated. Her periods came after ten days of oral clay treatment.

MENSTRUATION PAINFUL: The pain vanished without trace after a few days of applying clay before a period.

NASAL HAEMORRHAGES: The patient had serious nosebleeds following an operation for a facial cyst, sixteen years earlier.

The bleeding became less frequent during the first months of treatment and stopped altogether after three months.

NERVES: *Serious hereditary nervous problems* disappeared completely after a year and a half of clay applications to the nape of the neck.

OBESITY: *The patient also had problems with her circulation and menstrual periods that lasted twenty-four days per month.*

Clay was drunk and applied in poultices to the lower abdomen. She lost eight kilos in weight, her general state of health improved, and her periods became normal after three months of treatment.

OSTEOMYELITIS: *The complaint recurred after several operations.* An improvement was felt after the first applications of clay. Aggravations followed, with suppurations carrying splinters of bone.

Clay treatment was given orally together with application of poultices.

Cure was achieved after a year of treatment.

OVARIAN CYST: The patient was a young girl. Specialists were regretfully planning what seemed to be an unavoidable operation.

After four months of clay applications, the same doctors testified that the cyst, originally the size of an ostrich egg, had shrunk so much that an operation was no longer necessary. Daily application of poultices to the lower abdomen was continued until the cyst had entirely disappeared.

OVARIAN FAILURE: The patient had a hint of menses at the age of 18, after which they stopped completely. She had monthly nosebleeds and an excessive growth of body hair.

The treatment undertaken consisted of oral doses of clay and poultices on the lower abdomen. Her periods came back after a year of treatment and were regular after two years, while the overacting of the capillary glands came to a halt.

OVARIES AND UTERUS: *After operations for removing tumours and cysts from the ovaries or uterus, and in cases of albuminosis or infections of the womb,* a return to health is assured in a few months with a clay treatment (oral and poultices). There will be no relapse in the ensuing years.

PSORIASIS ECZEMA: After four months of treatment consisting of drinking clay-water and applications of clay poultices to the lower stomach, cure was achieved.

PSORIASIS: *In a case of psoriasis where the fingernails were coming away at the roots,* there was great improvement after a month of treatment. The cure was completed in the months that followed.

RHEUMATISM: *Rheumatism was combined with eczema and a double cataract* in the 70-year-old patient. After a year of clay treatments using both oral and poultice methods, the rheumatism was healed, the eczema cleared, and there was a great improvement in the eyes.

SCIATICA: *The patient's condition was caused by weakness of the vertebrae.* Over the course of two years, terrible crises had become more frequent and more painful. The patient was bedridden when the treatment was started, with clay being given orally and poultices applied to the lumbar region.

As soon as he was able to get up, the patient put on an orthopaedic corset which he had worn previously. This was soon replaced by a lighter belt. The belt, in its turn, was abandoned in favour of a simple cloth bandage; and this was rapidly relinquished.

Two years after the last crisis there were no more, and no likelihood of their recurrence.

SCROTAL HERNIA: The patient was a child with one testicle as large as a man's fist. The child stayed in bed, and clay was applied for two weeks, at the end of which cure was achieved. The applications were, of course, continued afterwards to consolidate the treatment.

SCHATTERED CORNEA: The eye was struck by the handle of a well-crank hurled at top speed. The cornea was shattered, the iris shifted out of place, and the injury worsened by fragments of glass in the eye from the broken spectacles.

Clay poultices were applied and renewed every hour without interruption. On the following day, the eye — which at first looked like a bloody pulp — had slightly improved in appearance. After three weeks the cornea was restored to normal; and sight was regained in three months with no necessity for any other form of treatment.

SPINAL COLUMN: The patient wore a large spinal corset which supported the entire thorax. Various treatments were considered (grafts, a board, a plaster cast, etc.) but could not be started because abscesses constantly appeared in the armpits.

When clay was taken orally and poultices applied to both armpits and spine, the abscesses soon disappeared. After four months of treatment, the patient began to take the corset off for an hour every day. At the end of the seventh month, the corset was abandoned completely and the patient could look forward to returning to her work as a gardener.

STOMACH ACHES: The patient applied four clay poultices daily. The pains lessened but did not disappear completely. After several days, there was watery fluid on the compresses. From that moment on, the pains vanished.

STOMACH ULCER (1): Treated for eight years without success, the ulcer yielded to clay treatment in two months. The cure was complete after one year.

STOMACH ULCER (2): After a month and a half of clay treatment, the patient considered himself cured.

STOMACH ULCER (3): The patient, a priest, had undergone two gastrectomies. In 1938, at the age of 34, he was operated on for a perforated stomach caused by a pyloric ulcer and complicated by peritonitis. Two years later, the ulcer reappeared, with two haemorrhages and greater pains than before, making a further operation necessary. This was carried out in 1942.

Pains and haemorrhaging recurred at the end of November 1952. The appetite waned, the energy decreased, sleep was increasingly restless and disturbed. A third operation was considered.

At this point the patient discovered clay treatment, by reading the first edition of this book. He began taking clay at the end of September 1953. By the end of January 1954 he felt a marked improvement in his condition. By the end of February the pains had gone and the ulcer seemed to be healed.

STUNDED GROWTH: The child was puny, lacking in vitality, and digesting its food very poorly.

Clay, given as a drink and applied to the stomach, helped to transform the child in two months.

TUBERCULAR ADENITIS: The patient was a hospital nurse who had already received orthodox treatment, which had not prevented a relapse. Only clay, combined with a changed diet, produced a permanent cure.

UREA IN THE BLOOD: The patient drank clay daily and poultices were applied to the kidneys. A result was achieved within six months but the treatment was continued beyond this point in order to consolidate the cure.

UTERINE HAEMORRHAGES: The loss of blood grew progressively less, with total cure in fourteen months of treatment (drinking clay-water and poultices on the lower abdomen).

VARICOSE ULCERS: The patient, aged 72 years, was in great pain and decided on clay treatment after much hesitation. She applied poultices which she renewed without interruption every three hours.

The ulcer closed completely and the leg resumed a normal appearance, much to the astonishment of the patient, who had started the treatment with no conviction at all, simply because she was suffering and did not know what else to do.

VARICOSE VEINS: The legs were black and swollen, with numerous varicose veins. The patient's work was painful as it involved standing up all the time.

In two months an improvement was achieved by drinking clay and applying poultices to the legs.

VASO-MOTOR PROBLEMS: These, occurring when the patient was 61 years old, caused attacks of vertigo.

The patient drank clay and applied poultices to the nape of her neck for nine months. At the end of that time she could consider herself totally healed.

VERTEBRAL FRACTURES: A famous singer was involved in a road accident and broke her backbone in two places; one of the fractures was in seven fragments. Six months of application of clay to the spine resulted in its mending remarkably well.

WARTS (Malignant): The wart was lodged under the nail of the big toe. Amputation of the toe was planned. Thanks to applications of clay, a cure was achieved in a few months and the toe was retained.

WATER ON THE KNEE: The doctor consulted on the case commented, 'I'm afraid this won't take us very far.' After the knee healed, thanks to applications of clay and without the use of any other treatment, the same doctor expressed his surprise — 'I would never have believed it could sort itself out like this.'

RECIPES FOR INFUSIONS

The following herbal infusions work in harmony with clay to complement and enhance its action.

ASSIMILATION
(to prevent Loss of Minerals)

This infusion improves the assimilation of valuable mineral salts and prevents mineral loss.

Lavender	20 g
White dead nettle	25 g
Little centaury flower tips	25 g
Rosemary flower tips	25 g
Wild celery root	20 g
Alder	20 g
Germander flower tips	15 g
Hop cones	15 g
Horsetail	25 g

A good soupspoon per teacup of boiling water; leave to boil gently for five minutes. Take one cup just before, or during, each meal.

BLEEDING

Prepare an infusion of bitter persicaria (lady's thumb) using one dessertspoonful in a cup of boiling water, left to infuse. Drink several times during the course of the day or night.

BLOOD PURIFICATION

Red vine leaves	60 g
Horsetail	10 g
Walnut leaves	10 g
Liquorice root	15 g
Alder buckthorn (black alder) bark	25 g
Couch-grass rhizome	15 g
Hyssop flower tips	10 g

Put two or three soupspoonfuls of the mixture in a half litre of water. Boil for a few minutes. Drink at any time during the day or at meals.

BLOOD PURIFICATION

Alder buckthorn bark	30 g
St. John's wort tips	20 g
Soapwort	20 g
Madderwort root	20 g
Liquorice root	15 g
Sarsparilla	10 g
Horsetail plant	10 g
Wild thyme tips	10 g
Senna folioles	10 g
Borage leaves	10 g

One or two soupspoonfuls per cup. Boil for two minutes and infuse for fifteen. Drink one cup a quarter of an hour before main meals.

COLDS AND COUGHS

To encourage expectoration, make an infusion of coltsfoot flowers (one dessertspoonful to a cup of boiling water, left to infuse). Take two to four cups daily.

For a persistent cough, make an infusion of elderberry flowers (20 grammes in a litre of boiling water, left to infuse). Drink hot or cold, with honey, at any time and as much as possible — ideally a litre per day.

A honeyed infusion of thyme (one teaspoonful or two sprigs per cup of boiling water) is excellent for all coughs and colds.

Taking a few drops of lavender essence (three to five drops, depending on age or tolerance), on a lump of sugar or in a little water, is often enough to calm or avert an outbreak of coughing.

CONSTIPATION

Constipation Stinging nettle root	20 g
Bitter-sweet (woody nightshade) stem	20 g
Mallow flowers	20 g
Black-currant leaves	20 g
Lime blossom	20 g
Alder buckthorn (black alder) bark ..	25 g
Wild chicory leaves	20 g
Rhubarb rhizome	10 g

Use a good soupspoonful of the mixture per cup. Boil for two minutes. *Then* add a teaspoonful of senna folioles, or from five to ten senna pods (if the intestine is fragile or the patient is a child).

Leave the mixture to infuse for ten minutes. Drink a cup in the evening before going to bed. Honey can be added.

DIABETES AND LOSS OF WEIGHT

Prepare a generous soupspoonful of *fenugreek seeds* in two cups of water and bring to the boil on a low heat. Simmer until reduced by half.

Take in the morning, on an empty stomach, for one week; wait a week; take the infusion for another week; and continue in this way for two or three months.

The infusion can be prepared in the evening and drunk cold in the morning.

DIGESTIVE PROBLEMS AND DISTENTION

Fennel	15 g
Caraway	10 g
Coriander	15 g
Angelica	15 g
Green Anise	15 g
Cumin	70 g

Mix all together. A teaspoonful per cup. Boil for two minutes and infuse for ten. One cup after the midday and the evening meal. Sweeten with honey.

GASTRIC UPSETS

Alder buckthorn bark	20 g
Angelica root	25 g
Sage leaves	25 g
Mallow flowers	25 g
Linseed	25 g

Use a good soupspoonful of the mixture per cup. Boil for three minutes and infuse for ten. If you wish to sweeten it, use honey. Drink one or two cups a day, on rising or at bedtime.

GLANDULAR PROBLEMS

Wild celery root, chopped	10 g
Sweet flag root, chopped	10 g
Angelica seeds	10 g
Absinthe leaves	10 g
Artemesia	30 g
Alder buckthorn, crushed	30 g
Scented balsam tips	20 g
Catmint flower tips	20 g
Yarrow flower tips	30 g
Marigold flowers	10 g

Two soupspoonfuls of the mixture to one cup of water. Infuse in boiling water for fifteen minutes. Drink two cups daily, between meals.

HEART TONIC

Red vine leaves	25 g
Shepherds' purse	20 g
Mistletoe leaves	20 g
Dandelion root, chopped	20 g
Goose-grass leaves	15 g
Barberry bark	15 g
Germander flower tips	10 g
Hawthorn flowers	5 g
Lily of the valley	5 g

Three soupspoonfuls to half a litre of water. Heat to boiling point, simmer for a few minutes and infuse for quarter of an hour or, if possible, leave to stew all night. Drink during the day. Honey can be added.

This infusion not only acts as a tonic but also calms and reduces excess tension.

HEPATITS
(of all kinds, infectious included)

Patience leaves	20 g
Centaury flower tips	20 g
Arnica flowers	20 g
Verbena plant	20 g
Absinthe flower tips	20 g
Agrimony leaves	20 g
Dandelion root	20 g
Alder root	20 g

One soupspoonful per cup. Boil and leave to infuse. Take two or three cups daily, before or between meals. This infusion is rather bitter and is easier to drink when cold.

KIDNEYS AND BLADDER

Bearberry leaves	40 g
Horsetail plant	20 g
Pellitory plant	20 g
Ash leaves	20 g
Black-currant leaves	20 g
Liquorice root	20 g
Mint leaves	20 g
Alder buckthorn bark	10 g

Five soupspoonfuls of the mixture to a litre of water. Boil for a few minutes and leave to infuse. Drink with meals or at will throughout the day.

LIVER (Deficient)

Woodruff flower tips	30 g
Rosemary flower tips	30 g
Yellow bedstraw flower tips	30 g
Horsetail	30 g
Liquorice root	30 g
Marigold flower tips	20 g
Mint leaves	20 g

Two soupspoonfuls per cup; infuse for ten minutes. One cup after the midday and the evening meal. Sweeten with honey.

LIVER (Swollen)

Scented asperule	30 g
Liquorice root	30 g
Artichoke leaves	20 g
Marigold flowers	10 g
Black-currant leaves	10 g
Horsetail plant	10 g
Bearberry leaves	10 g
Rosemary flower tips	10 g
Centaury flower tips	10 g
Yellow bedstraw flower tips	10 g

Two soupspoonfuls per cup. Boil for two minutes and infuse for ten. Drink one cup quarter of an hour before each meal. This rather bitter infusion is more pleasant to drink when cold.

NERVOUS TENSION AND INSOMNIA

Woodruff flower tips	20 g
Calamint plant	20 g
Peppermint leaves	20 g
Balm leaves	20 g
Wild thyme	20 g
Valerian root	20 g
Hawthorn flowers	10 g
Passion flower leaves	10 g

Two soupspoonfuls to a cup of water. Boil for two minutes and infuse for five. Take two cups during the day, between meals, and one in the evening at bedtime, either for eight consecutive days or for every other day.

In all cases of insomnia, nervous spasms, nervous tension and irritation, good results can often be achieved simply by taking essence of lavender (three to five drops depending on age and weight) in a little water or on a sugar lump, at bedtime.

POULTICE OF BRAN AND IVY LEAVES

Put five handfuls of bran and two good handfuls of ivy leaves, fresh or dried, in a heatproof pot. Add water and stir. Cook, stirring continuously, until the water has evaporated (five or ten minutes). On a piece of muslin, spread a layer two centimetres thick and much wider than the area to be treated. Fold the muslin and apply very hot but not burning. Secure with a bandage and leave in place for an hour and a half or more.

This poultice complements the action of clay. It can be applied at any time. Do not use more than once.

RHEUMATISM AND STONES

Put 30 grammes of *wild lime sapwood* in a litre of water. Boil until reduced to three-quarters.

Drink in one or two days during crises or over a period of ten days. The cure can be repeated for ten days a month during the following months.

FOOD FOR HEALTH AND STRENGTH

All fruits in season, sweet or sharp.

All dried fruits: almonds, hazelnuts, walnuts, peanuts, figs, dates, raisins, dried bananas, prunes, apricots etc.; black olives.

All cereals: whole wheat, hulled barley, wholegrain rice, rye, millet, oats, maize; wholewheat bread, wholewheat pasta; gruel, cakes and girdle-cakes made from wholewheat or buckwheat; wheatgerm; buckwheat in hulled grains (kasha); rye bread; wheat semolina (couscous), etc.

All vegetables, raw or cooked; chestnuts and sweet chestnuts; soups, broths and vegetable or cereal stock.

All green salad vegetables and herbs.

All vegetable oils, made by simple cold pressing.

Honey.

Fresh, free-range eggs from hens fed with grain and green-stuffs.

Soya; fresh peas and beans; dried pulses (lentils, haricot beans, etc.) from the most recent harvest — i.e. produced within a year of consumption.

Wholewheat toast; home-made pastries (biscuits, tarts, shortbread, spice cakes, etc.)

Fresh, unsalted butter; milk curds; yoghourt; cheese.

Sea salt and cane sugar, unrefined.

Pure fruit juices; lemon water.

ONE DAY'S DIET

The nutritional guidelines given here can be followed every day.

MORNING: Fruit (fresh or dried);
or wholewheat bread with honey or butter accompanied by an infusion of thyme or rosemary;
or vegetable soup;
or a simple infusion;
a glass of spring water or clay-water;
a spoonful of olive oil with lemon juice.

MIDDAY: Fruit in season (150 to 400 grammes).

Raw vegetables, either Basconnaise or a single raw vegetable with the same seasoning. (Basconnaise is made from a selection of raw vegetables: grated carrots, turnips, beetroots, radishes, salsify, etc.; sliced mushrooms, onions, courgettes, tomatoes, radishes etc.; cabbage — red or green — and spinach cut in fine strips, etc. Season, separately or together, with oil (preferably olive), sea salt, lemon juice (optional), black olives, crushed garlic, onion rings, chopped parsley or chervil, a few leaves of rosemary and tarragon. In order to vary the flavours, have a different vegetable predominant in the Basconnaise each time you make it).

Cereals or cooked vegetables with a raw salad and an egg two or three times a week. (Use vegetables in season, for preference, cooked in a little water or in a casserole dish or earthenware pot — never in a pressure cooker. Put a little oil at the bottom of the cooking pot, or add it at the moment of serving. In the absence of fresh vegetables — or in addition — use wholegrain rice, wholewheat pasta, pulses, potatoes, etc. For further ideas, see Your Health and Your Table or Simple Vegetarian Cooking).

Dried fruits, honey, or home-made cakes.

EVENING: Fresh fruits in season.
A dish of raw vegetables.
Vegetable soup (optional).
Cereals or cooked vegetables (optional).
Dried fruits, yoghourt, or cheese. (Eggs, cheese and milk-curds should only be eaten at one meal of the day.)

SUPPLEMENT

Since December 1952, when the first edition of this book was published, hundreds of thousands of clay users have had the opportunity to appreciate its remarkable properties.

When results do not come up to expectations, it is either because the case is too serious or too far gone, or because the patient has not taken the trouble to change an unhealthy lifestyle — in other words, the clay is not being used appropriately.

Repeated observation of certain anomalies inspired the publication of the following details in the magazine *Harmonious Living*, numbers 178, 179 and 180.

No-one will ever know, with clay, how to answer everything once and for all; because the wonder always returns, as keen every time, with every new result; and each time the limits to what one imagined was possible retreat still further.

Thus there will always be something new to say about clay and something new to write about it.

To begin with clay that is taken orally, one can ask why it sometimes breaks the glasses in which it is being prepared — especially as, strangely enough, this happens most often with very thick glasses. Clay and water, separately, emit waves; and at the moment when they are blended the

intensity of these waves is increased. But thick glasses cannot be capable of 'vibrating' in unison with this moment. According to some people, if a Geiger counter does not register any radioactivity in dry clay, it will be a different story with the clay-water mixture. As the water evaporates and the clay dries out again, this radioactivity presumably fades away.

The phenomenon of glasses breaking has often been observed, sometimes with several glasses at once. It is possible to apply the hypothesis of a passing manifestation of radioactivity.

Clay modifies itself. Its action varies according to the method used to prepare it — whether the clay is added to the water, or the water poured on to the dry clay, and so on. Its action also varies with the way and the time that it is applied or taken. For example, in a few cases there a tendency towards a 'tightening up' of the intestines if clay is taken on rising, whereas if it is taken in the evening, the result is usually quite the reverse.

This, in short, is the quick and direct effect; just as when one wants to reduce stomach pains occurring at mealtimes, it is immediately before these that the clay should be taken.

The quantity taken is relatively unimportant. There are people who cannot bear swallowing the whole clay and water mixture, and who make do with drinking the water, leaving most of the clay in a large deposit at the bottom of the glass. They still achieve satisfactory results from the treatment.

In principle, when someone finds clay so difficult to use, their organism needs to adjust to it little by little. They begin by taking only water, gradually including more and more clay until they can tolerate the normal adult dose of one teaspoonful per day.

Given what we noted earlier, that the temporary radioactivity of clay occurs at the moment of union between clay and water, it is preferable to prepare the clay in advance. If glasses have cracked at the time of mixing or shortly afterwards, this will not happen again when the clay and the water have cohabited for a few hours. The same applies to clay intended for poultices. If prepared far enough in advance, it loses its radioactivity.

This radioactive effect has been the subject of research for a long time. Nowadays, when each one of us is subjected to multiple attacks from artificially created radioactivity, we naturally want to avoid anything which might seem to increase the risk.

Experiments made with a Geiger counter, however, appear to show that dry clay will absorb some of the radioactivity from its environment. Those who possess both cats and a box of clay will notice how often the cats like to lie down on the clay, especially if they are ill or hurt. This seems to confirm the experimental findings.

Clay homogenizes better when prepared in advance. Any user would agree that a clay which has been thoroughly and evenly impregnated with water is the easiest to work with.

Some people believe that the clay should be stirred again just before being used for a poultice. In fact, clay treated thus loses its porous quality, becoming slippery and water-repellent. Its absorptive capacities are thereby greatly reduced. It should be handled as little as possible just the minimum amount necessary to transfer it to the cloth support. Do not even smooth the surface; it will smooth itself out naturally when the poultice is in place.

The same is true of the practice of putting the clay inside gauze, as one would do for a poultice made from bran or linseed flour, to avoid 'dirt' or to make the poultice easier to remove after use. This contributes no benefits

whatsoever in terms of convenience; clay is a compact substance and any traces that it might leave are easy to remove. Worse still, the gauze actually reduces the benefits of the treatment by partially impeding the healing action of the clay. Even on an ulcer or an open wound, the clay must be in direct contact with the flesh. If particles of clay adhere to the wound when the poultice is removed, the next poultice will absorb them. When a gauze or thin cloth is interposed between the clay and the skin, the poultice may not hold so well and may therefore let in air which will cool the poultice, cause discomfort to the patient, and reduce the beneficial effects of the clay. For the best possible effect, the clay should be 'married' to the body. Once the poultice is in place, press it all over to make sure that it is in full contact with the area being treated and adhering well.

The practice of applying clay directly to the skin has another advantage, in that it helps to determine the length of time for which the poultice should be left on. When clay is next to the skin it will do its work and then fall away, as easily and naturally as a ripe fruit falls from a tree. At the point when the clay detaches itself from the body of its own accord, its action is almost complete. It hardly matters whether or not the poultice is removed at once; no-one is going to wake up several times during the night just to control the phenomenon of spontaneous detachment! But the minimum time recommended for any particular application should be borne in mind.

On an abscess, a boil, an anthrax, etc., the poultice sometimes detaches itself after only twenty or thirty minutes even when it has been prepared with clay that was not very compact.

As with all rules, there are exceptions. Patients who are weakened and devitalized can keep the poultice on for a long time without its becoming dry or loose. In such cases, as when the clay causes an uncomfortable sensation of

chilling or does not heat up in contact with the body, it is important to put a hot-water bottle near the poultice and keep the patient in a warm bed. Without heat there can be no strong defence against the disease.

An excellent way to encourage the natural warming-up of the poultice is to heat the area being treated beforehand, using either fomentations (damp and very hot compresses) or a hot-water bottle (although the latter is less effective than fomentations).

It is also possible to heat the poultice beforehand but this does not always prevent subsequent cooling. It does, however, have the advantage of avoiding the unpleasant sensation that might be caused by the first contact of cold clay with the skin.

There are several ways of heating clay. You can put the bowl containing the clay into a larger receptacle containing hot water. Or you can lay the prepared poultice on a radiator, or on the upturned lid of a saucepan of hot water.

Sometimes the clay does not cool down but irritates the patient. This is not an insurmountable obstacle; after a period of adjustment, which may be long or short, the patient will become used to the clay. What is really happening in this situation is that the vital force is being re-energized, causing tendencies that have remained latent to come to the surface. Do not try to rush anything; apply small clay poultices to different parts of the body until you find a spot where the clay can be tolerated in the normal way. Apply poultices regularly to this area, increasing their size as you proceed and leaving them in place for a little longer each time. It will then be possible to move them gradually towards the part of the body chosen for treatment.

Never break off applications of clay abruptly; instead, gradually space them further apart (every day, twice a week, etc.). Applications must be continued, more or less frequently, as long as the least hint of disorder or the

tiniest scar persists. Do not stop the treatment until everything has cleared up.

One important point to note is the size of the poultice. The clay should not be prepared in a soup cup but in a mixing bowl, vegetable dish or large basin, as there should always be a large mass of clay. Those who apply it as if they were using an ointment cannot expect sensational results. If it is not being used for treating a boil or some equally small thing, the clay poultice can easily cover a surface of ten by twenty centimetres and should usually be at least two centimetres thick.

We have already covered other relevant details, such as the type of receptacle which should be used as a container for the clay, but we are often asked if plastic is suitable.

For carrying dry clay, plastic does not seem to present any problems, especially as the plastics now manufactured for food products are considered perfectly stable. But with the mixture of clay and water there is always an unknown factor, which makes it safer to use only those materials whose stability is traditionally accepted — terra cotta, glass, pottery, china, etc.

With clay, as with many other interesting subjects, nothing is ever finally established and nobody can act as an oracle. Although it is helpful to have information passed on by 'experienced' users, this cannot entirely bypass the usual method of learning by trial-and-error.

As long as you continue experimenting with clay, more and more details of its use will become apparent to you and these, as you will soon perceive, are often extremely important. To a superficial observer they will look like minor variations and be of little interest. For the convinced experimenter, however, it will be quite a different matter.

It is probable — indeed, certain — that even with all the details given in this book, the subject has not been entirely covered and there is more to be said.

Always take the precaution of having plenty of clay ready to use. It can be found commercially (at a health food or herbalist shop), ready for use, in a large tube. This is useful for camping, in the car, etc. At home, it is convenient to have a large bowl permanently full of clay for making poultices. To keep it fresh you need only add a little water every day. Do not touch the clay itself, otherwise the water will not penetrate it. When clay prepared for poultices becomes hard before it has been used, allow the hardening process to continue until the clay is thoroughly dry, then break it into pieces and use it to make a new preparation.

The results obtained with clay sometimes depend on how soon (after the accident, onset of the disease, etc.) the treatment is started. The evidence shows that serious burns or wounds have been cured in record time, often without leaving the slightest trace (burns without blisters or sores, crushed fingers without loss of the fingernails, etc.) when clay was applied immediately after the accident. Hence the importance of having a supply of clay always on hand, ready for use.

Exposing clay to the sun is recommended, especially if it is going to be used soon. What matters, in fact, is exposing the clay to light. To keep the clay fresh, on the other hand, it is better to keep it in the dark, as in its original state. In this way it will keep indefinitely. It will not age inside a drawer any more than it did in the quarry from which it was extracted.

In view of the proven revitalizing effect of clay, one could deduce that it has the capacity to absorb and contain solar magnetism, so that when exposed to the light beforehand it will emit solar radiations while being used.

This revitalizing effect may also, perhaps, be due to the fact that clay tends to fix the oxygen in the water which is added to it.

Given that nothing in the composition of clay explains its effect on the organism, there are scarcely any criteria that can be used as a basis for deciding which clay will be the most effective in any particular case. It is therefore necessary to make small tests, as always, before proceeding. In general, it seems that greenish clay is the most active. It is also the one that hypersensitive patients find the most difficult to tolerate. You could use it to start with, then replace it with another if there are any unpleasant reactions (irritation, chilling, etc.).

For drinking, it is important that the clay is not granulated, as this would indicate the presence of sand — always to be avoided. Put a little dry clay in the mouth and wait until it blends with the saliva. You should then feel nothing at all.

A helpful piece of advice, when clay is being used externally, is to replace the normal cloth with a cabbage leaf to cover the clay applied to an inflamed spot, abscess or other purulent sore. The clay dries very quickly in such cases; but the cabbage leaf slows down the drying process and keeps the clay cool for a longer time. This method can also be used for a large poultice which is to be worn all night and which would normally dry too quickly (on a varicose ulcer in particular).

Occasionally an obstacle to continuing the clay treatment can arise, such as the appearance of red patches or an eruption on the skin accompanied by unbearable itching. It could be that acid substances from within the body are passing through the tissues in the course of their journey towards the clay which is drawing them out. This hypothesis appears to be confirmed by the fact that the itching generally stops when the applications of clay are interrupted.

Perhaps quite a different phenomenon is involved; but this would hardly matter if the treatment could be continued. With this in view, you should make every effort

to reduce the eruptions and soothe the itching by applying the following mixture: Mix one soupspoonful of olive oil with two of lukewarm water. Beat well. Gradually add clay powder until the consistency of ointment is achieved. Apply this ointment after removing the poultice, covering with a piece of linen to protect the clothes or sheets. If the poultice is applied in the evening and worn all night, the ointment should be applied in the morning. The following evening, try applying a clay poultice again. If the unpleasant symptoms persist, use the ointment instead of a poultice for several evenings running. Start the applications of clay again when everything has returned to normal. The patient should also be taking an infusion of hepatica (liverwort).

The layman's approach to natural healing methods frequently includes the question, 'How does clay work?' To give an explicit answer would be not only presumptuous but also irrelevant. The important point is that clay contributes to the healing of the individual, no matter what the obstacles to be overcome. One must be content, therefore, simply to describe the results.

How can one explain, for example, that a poultice sometimes affects a part of the body quite far removed from its area of application? Yet this phenomenon is frequently recorded. Clay works on the system as a whole. Daily applications on the liver, for example, can have a beneficial effect on the nervous and even the psychological condition.

This means that the poultice does not always have to be in direct contact with the affected part. You can test this for yourself when you have a dental crisis to deal with (abscess or similar). It is possible to place clay directly on the gum; but a large clay poultice, applied externally on the cheek, is usually found to be more effective.

Patients who are still undergoing orthodox medical treatment are often anxious to know whether they can start using clay before their treatment finishes. This is not

advisable for clay taken orally, since clay usually works in the opposite way to prescribed drugs and therefore tends to neutralize them. It is more valuable to wait until the patient has definitely chosen natural healing methods, to the exclusion of all else, before he or she swallows any clay. In some cases, however, where circumstances dictate that orthodox medical treatment must be carried on, clay-water can be taken at the same time and will ensure that the toxic side-effects of prescription drugs will be at least partially neutralized. External applications of clay, on the other hand, can always be recommended while normal medical treatment is in progress. This, of course, is for the benefit of beginners who have not yet been totally 'converted' to clay.

There are also some uses of clay which are available to everyone, at any time, without any reservations. Beauty care is a case in point. Clay face-packs are already used by a number of beauty salons, without any other associated natural treatment; although this method of beauty care is a great deal more effective within the context of an overall use of natural methods. As clay has such remarkable absorbent and adsorbent capacities (attracting particles suspended in liquids), it cleans tissues and removes grease — not only from the body but also from clothes, furniture, etc. It can always be recommended for a greasy scalp. Make a thin paste with clay and water, apply it exactly as you would a shampoo, leave it for at least half an hour, then rinse. Even on a dry skin, clay can be used as a face-pack, since it absorbs without causing dryness. Like all natural products, it balances and revitalizes.

For those who are not used to clay, these assertions may seem slightly exaggerated. How can a natural remedy, as simple and cheap as clay, produce so many results of such apparent diversity — emptying an abscess, closing up a sore, strengthening a spine, reabsorbing a cyst (even an internal one), righting the position of a foetus, helping

to rebuild destroyed tissues, etc.? How? Nobody knows. But there is an ever-increasing number of people who have experienced these things — and surely that is what counts.

Is it true that clay reacts badly to oil and grease? As we know, an emulsion derived from petrol can be used for the industrial hardening of clay; from which it is easy to deduce that one should beware of taking oil of paraffin with clay. The following restriction has also been noted.

By extrapolation — but above all through an excess of caution — it has been suggested that a heavy consumption of edible oil should be avoided during a clay treatment.

This was, in fact, an exaggerated precaution, dating from the time when this book was being written. No incident has ever been recorded as a result of using vegetable oil in the diet during a clay treatment. It is only mineral oil that should be avoided. Paraffin oil (which is a hydrocarbon and not really an oil at all!) is, in any case, totally excluded from any form of natural treatment.

Can clay treat most illnesses? It would be a gross error to think that clay alone could cure everything. Firstly, it does not suppress the causes of the disease (poor eating habits, various excesses, alcoholism, nicotine poisoning, etc.). Unless these causes are removed, a cure is impossible. We are speaking here of a real cure — a complete healing.

As a remedy coming on top of a reform in the life-style, clay is often enough; but for a really positive result it should be used as part of a coherent method. Changing the diet, giving up alcohol and tobacco, using clay, etc. are elements of this synthesis; and the effect of each one is enhanced by the others.

It is difficult to imagine using clay without also using herbs, as they often complement each other's actions or counterbalance any apparently negative side-effects (possible constipation after taking clay, etc.).

Can the clay be used several times? A poultice can only be used once. It comes away from the skin when the action of the clay is complete. This clay has absorbed impurities and has reached saturation point. Its revitalizing action fades as its potential for radiation weakens.

One might think that if it was exposed to the elements, the clay would discharge the impurities and regain most of its potency. This has yet to be demonstrated; the clay would probably require a long rest-period.

The purchase price of clay is not high enough to justify trying to save on the cost of replacing what has been used.

In the case of a long treatment involving a heavy use of clay, it is possible to find a cheap source (quarry, brickworks, pottery, etc.). Bear in mind, however, that such clay often comes in damp blocks and is not convenient to handle.

The salvage of clay used in poultices can be considered for the purpose of mixing it into cultivated soil. If a soil is too light or sandy, it can be improved by a dressing of clay. The clay should be left to dry out thoroughly, then broken up or even pulverized before being spread on the soil.

Can clay cause aggravations? All natural remedies contribute not only to rebuilding the organism but also to liberating it from its burdens. It is always possible that this will involve some reactions which may or may not be obvious or unpleasant.

They may not occur until some time after natural treatment has been started.

These reactions should not be feared. On the contrary, they should be welcomed. They show that the organism is adjusting well to the treatment.

For this reason, it is not advisable to start a clay treatment without being fully informed about the possibilities and the likely developments. If a reaction is expected, it will obviously come as less of a surprise.

Violent reactions are rarely desirable, so you should act quickly to mitigate them when they occur. In emergencies, if there is great pain, replace the clay poultice with one of bran and ground-ivy leaves.

Remove the clay poultice if it is causing unpleasant symptoms (nervousness, itching, sensations of burning or chilling, etc.). Start again when the symptoms have calmed down, until the poultice can be tolerated in the normal way.

What happens most often, of course, is the opposite — the clay soothes pains, sometimes very intense ones.

It is thus never possible to predict what will happen after clay has been applied — in the first instance, of course, since ultimately there is no case in which the final outcome has not been either a complete cure or a considerable improvement. As there is no risk of danger, there is nothing to prevent a (long) period of testing at the beginning of a treatment.

Are any clays dangerous? A report appeared in the press about the possibly carcinogenic content of certain fibrous clays used in medicines. This caused considerable concern, which faded, however, in the absence of any confirmation.

The anxiety stemmed from the fact that injections of fibrous clay into the peritonea of laboratory animals was followed by the formation of tumours.

As far as results are concerned, there is not even any need to make an exception for this use of clay compared with the way it is normally used. The clays sold in health food shops and herbalists contain no fibres of asbestos — the only culprit. It is in fact the asbestos which was in question, as the experiments were performed with this substance and not with clay. It was only because asbestos fibres were discovered in certain medicines with a special clay base (paligorskite or attapulgite) that they were suspected of being potentially carcinogenic.

There are many sorts of clay — bentonite, smectite or 'fuller's earth', kaolin, nacrite, dickite, halloysite, allo-

phane, anauxite, pyrophyllite, agalmatolite, montmorillonite, steargilitte, beidellite, leverrierite, sericite.

Attapulgite, which would have been the base of the suspect medicines, is a hydrated silicate of magnesium, while commercial clay in France is composed of hydrated silico-aluminates. The most common is bentonite or colloidal clay, also used in the pharmaceutical industry as a suspending agent and in various preparations and purifiers as an exchanger of ions.

There is a great difference, then, between colloidal clay (bentonite, montmorillonite, halloysite...), which dissolves entirely when a small piece is sucked, and other products including attapulgite, which can contain mineral fibres such as asbestos.

We may conclude from this that there is no clay which is suspect, only asbestos (where the danger is very real). Commercial clay is colloidal, not fibrous, and therefore absolutely beyond suspicion.

In addition, there is nothing to show that the clay used for these medicines contained asbestos fibres originally. These could have been released as it passed through the filters. The same thing has already happened with wine.

There is a vast difference between the treatment of commercial clays and those which are simply dried and broken or ground up, and which do not come into contact with asbestos at any stage.

Is there anything to fear in using clay? In a magazine devoted to health problems, a reader wrote to the correspondence section asking whether she could use clay to treat chronic inflammation of the intestines. She was amazed by the response she received. It was positive, but the author added many reservations. According to him, a clay treatment should never last longer than eight days to ten days per month because 'uninterrupted applications run the risk of producing serious anaemia due to poor absorption of iron'. He also referred to the 'classic' disease of the 'clay-eaters'.

His prescription, 'three to four spoonfuls of edible clay, mixed into a large glass of water and drunk before each meal' betrays his lack of experience. The size of the spoon (soupspoon? teaspoon?) is not even given precisely. The word 'edible' is hardly justified, as clay is not absorbed like a food. On the contrary, it is quite normal to meet people who have been taking clay for years, with only occasional pauses, without ever coming across a case of the 'clay-eaters' disease.' The truth of the matter is that geophagists eat clay only out of necessity, absorbing it in fairly large quantities during famine periods. They thereby cheat their hunger and survive, come what may, thanks to the vitalizing properties of the clay. But as it could not be considered as a food, it is hardly surprising that this practice give rise to certain forms of anaemia.

There is no question of poor absorption of iron or any other element; it is a simple case of lack.

As knowledge about clay spreads and an increasing number of people use it, there is an observable proliferation of writers producing articles and other publications on the subject. Unfortunately, their knowledge is all too often derived from theory or supposition, which can form the basis for statements without any consistency or real value.

Can animals be treated with clay? There is very little difference, in principle, between treating sick animals and sick people. The only difficulty is in persuading the animal to accept the treatment. When the animal is fairly docile there is nothing to prevent clay poultices from being applied to it. Dogs allow themselves to be treated in this way, quite easily. Cats are often a different story; but cures of both male and female cats have been recorded.

Internal dosage is relatively easy. Clay is put into the drinking water, or if necessary into the food. If all else fails, it can be rubbed into the fur, especially for cats, who frequently lick themselves and will thus absorb the clay.

The following sections, which describe complements to clay, were first published as articles in the magazine Living in Harmony.

GARLIC

This is both a cheap and a powerful remedy, as well as being an effective prophylactic.

Among other things, it contains allyl (volatile sulphuretted essence), sulphur, iodine, and silica. Garlic is therefore a natural antiseptic and a wonderful disinfectant, especially for the lungs. The natural association of these substances creates a combination which protects the organism against diseases, glandular imbalance, and many other problems.

As it activates the gastric juices and the lining of the stomach, it assists both appetite and digestion. If it is not always well tolerated by the stomach, this is either because it has not been chewed enough and is insufficiently impregnated with saliva, or because the mucus membrane of the digestive tract is irritated or ulcerous. In the former case, more attention should be paid to oral trituration; in the latter, a little water should be taken with the garlic a moment before the meal.

It would be a shame indeed to have to deprive oneself of garlic.

It can be used with equal confidence to dissolve the parasitic calcifications (crystals of uric acid etc.) of arterial scleroses.

In stimulating the heart and purifying the blood, garlic aids the circulation and reduces *excessive* tension. Those whose tension is normal, or too low, have nothing to worry about where garlic is concerned; everything natural contributes to restoring equilibrium and, while it may be

dangerous for a person with low tension to take a tension-reducing drug, there are nothing but benefits to be expected from garlic, with its many virtues.

Let us not forget that it is also a powerful worming agent. It is often enough to make a collar of garlic, or put some in a small bag around a child's neck, to make parasites flee from its body.

For internal use, the simplest method is to introduce it into all savoury dishes. It must be used raw, since cooking it destroys most of its active ingredients.

It has a powerful effect when prepared as follows: Grate four cloves (start with one) into a glass of hot water. Leave to soak all night. In the morning, sieve, throw away the garlic, and drink the water.

Chop one or two cloves of garlic with parsley, add olive oil, and spread on bread or toast for breakfast. To be more precise, it is a good idea to crush the garlic with a fork, *in the oil*, to prevent its very volatile sulphuretted essences from evaporating. A pleasant accompaniment to a dish of salad is a slice of bread spread with a mixture of butter and grated garlic.

Garlic lends itself equally well to external use, and is equally beneficial.

To treat and remove warts (including verrucas) and small cysts, rub the growths with a slice of garlic. Repeat several times a day. Towards the end of the treatment, finish off with little garlic plasters.

For corns and callouses, cut a slice of garlic the size of the corn. Keep in place with a sticking plaster. Renew morning and evening. If the neighbouring tissues are damaged, they will soon regain their normal appearance after a few applications of clay. You can also apply a clove of garlic every evening during the following week. Cook it first — under the grill, in the oven or in a saucepan — as this prevents it from being caustic.

Those who complain of toothache or earache can stick a clove of garlic in their ear. They should first insert a piece of fine gauze which protrudes from the ear, so that they can pull the garlic out easily. If the problem is a decayed tooth, put some crushed garlic in the tooth; this does not mean, however, that a visit to the dentist can be dispensed with.

Garlic is also helpful to sufferers from rheumatism or arthritis. Rub the painful parts with a mixture of garlic and oil of camphor (two parts of oil to one of garlic).

Massaging the spine with this mixture strengthens and reinvigorates a weak organism. Scabies can also be treated with this mixture, in which clay-water can be alternated with oil.

In stubborn cases of arthritis or articular rheumatism, you should turn for help to the heroic remedy known as phlyctena. To make it, grate several cloves of raw garlic and apply it directly to the skin. At the end of several hours, a water-blister forms, then bursts. Remove the garlic poultice and replace it with a clay paste. As this creates a burn (to be treated subsequently with clay), it is a method which should only be used as a last resort.

We conclude by mentioning that children in the Midi area of Europe are fortified with garlic used as a suppository.

The reader is referred to the booklet *The 4 Wonders* for more details about the properties of garlic.

CABBAGE

Vegetables are so familiar to us, such commonplace, everyday things, that we tend to neglect their therapeutic properties. A remedy is likely to be valued according to how rare or expensive it is.

Ancients had no such considerations where cabbage was concerned. They had great respect for it. Their authors refer to it in picturesque recipes: 'Water in which cabbage has been cooked is a wonderful help to the nerves and joints. If you wish to clean old wounds and new ones, or cankers which have proved impossible to heal with any other medication, you must first clean them well with hot water, then apply some cabbage, well-ground, twice a day. It heals colic when cooked twice, with additions, during the second cooking, of oil, salt, cumin and cooked barley flour. If it is eaten garnished in this way, without bread, the benefits will be even greater.'

Hippocrates recommended that those who were afflicted with heart complaints, dysentery, or tenesmus (a continual and often useless desire to go to the lavatory), should eat cabbages cooked twice with a little salt.

The Celts and the Germans greatly appreciated cabbage, as did the Romans, as much for its curative as for its nutritional value. *Doctor H. Leclerc* recalled that 'the use of cabbage as a tonic is not an innovation. Cato the Elder claimed that it was thanks to cabbage that the Romans were able to do without doctors for nearly six centuries. He recommended applications of it for eruptions of impetigo, wounds, ulcers, and arthritis...'.

The origin of the cabbage (Brassica Oleracea) must lie in the very distant past. It appears, however, that a large wild cabbage with no 'heart' which grows in coastal regions (mainly in Normandy) may be the ancestor of the cultivated varieties.

Cabbage already demonstrates some of its qualities when it is simply used for food. It is rich in sulphur and contains arsenic, chalk and iodine. It acts as an appetizer, replaces mineral salts and restores body tissue.

For those who are afraid that giving up meat will deprive them of nitrogen, it is consoling to know that cabbage contains it in abundance.

As it is so full of vitamins, it revitalizes the body and helps to prevent scurvy. Contrary to both appearances and prejudice, it is extremely valuable for the intestines, where its gum, sulphur and potassium salts work wonders — provided all these substances are not diluted in a saucepan of water. Cabbage does not take kindly to being cooked in water, which takes most of the goodness out of it and sometimes even makes it cause stomach cramps, which is not its natural vocation. When it is braised, however, or better still, cut into fine slithers and eaten raw, seasoned with olive oil and a little salt and lemon, its qualities remain intact, harmless and beneficial.

Cabbage sometimes needs to be boiled so that its liquor can be used for therapeutic purposes. Place 60 grammes of chopped cabbage in a litre of water and cook for a long time. To the resulting concentrated liquor (which should not be salted) add 70 grammes of honey. This will act as a tonic for the bronchial tubes and help to cure lung complaints, catarrh, etc.

For all weakness of the lungs, cabbage must be eaten raw so that the full benefits can be derived from its sulphuretted essence, which is obviously volatile. We would like to point out in passing that this sulphur is an internal remedy for seborrhoea and some forms of eczema.

The chlorophyll in cabbage, which promotes the production of haemoglobin, should not be overlooked when it comes to treating anaemia. Also, it has now been proved that chlorophyll, in which cabbage is rich, can be prescribed with success for the treatment of offensive perspiration.

If it is needed for nephritis, do not forget that the intestines are suffering from the presence of unwelcome guests such as threadworms. The vermifugal properties of cabbage are mostly contained in its raw juice, which should be extracted with a fruit-press and taken in doses of 20 to 30 grammes daily.

Now that the benefits of taking cabbage have been described in some detail, it is time to remember the quotation from *Doctor H. Leclerc* and realize the hopes derived from the writings of Cato the Elder. This venerable and distant ancestor advised applications of cabbage leaves for eruptions of impetigo, wounds, ulcers and arthritis. These experiments have all been done, and results confirm that it was good advice.

Cabbage demonstrates a remarkable epithelial quality, capable of resolving, reabsorbing and closing certain sores and varicose ulcers. Do not hesitate, therefore, to apply raw cabbage leaves soaked for several hours beforehand in a strong solution of lemon juice and water. Hold the leaves in place with a fairly tight bandage and renew the dressing twice during the day and in the evening at bedtime.

This treatment is well indicated, apart from ulcers and inflamed wounds, for anthrax, burns, whitlow, abscesses, boils, chapped nipples and milk-crust. In the latter case, place the cabbage leaves only on the head, even if the face is affected; all the crust will be reabsorbed.

For arthritis, rheumatic pains, neuralgia, sciatica, stitches in the side or dry pleurisy, sprains, partial paralysis, gout or swollen ganglions, there are two possible methods to follow. Cut off the large stems of the leaves with a knife or crush them with a rolling pin. Then either:

1) Plunge the leaves into boiling water (a saucepan removed from the heat). Leave for two minutes. Remove and drain. Or:

2) Hold the leaves above or in front of a source of heat (stove, gas ring, etc.)

In either case, apply the leaves as hot as possible, cover with a fleece or woollen cloth and secure with a bandage. Three or four leaves, laid on top of each other, are even more effective.

Raw cabbage leaves, placed directly against the skin, can also be used for a number of complaints.

Professor L. Binet of the Institute emphasizes 'the strange role played by cabbage in the diet of a subject suffering from dropsy. We studied this role with our assistants, P. Tauret and H. Bour. This patient, put on a diet enriched with cabbage of all kinds, greatly increased his excretion of urine. Under these conditions, after several days of treatment, there was a definite rise in his urinary graph. We have seen an astonishing improvement in such patients, thanks to this method'.

For all purposes it is better to use a coarse, country cabbage, red or curly green.

More details on the properties of cabbage (leaves or juice) can be found in *How to Use Cabbage to Heal Yourself.*

LEMON

No matter how often the 'lemon question' seems to be settled, it always comes up again.

In medical circles its evolution is clear; prejudices are being discarded and the time when lemon was considered responsible for all ills is almost past.

The prejudices against it were, however, tenacious and widespread. 'Lemon removes calcium, lemon makes people tubercular, lemon eats the blood, lemon destroys the stomach.'

Numerous personal experiences will have contributed a great deal to altering these totally unjustified opinions.

We have become so accustomed to the wonderful results obtained from lemon that we are no longer amazed by them. Many decalcified, tubercular, anaemic, dyspeptic and even ulcerous patients owe their restored health to lemon, together with the usual methods of holistic medicine.

Total intolerance is extremely rare and is in most cases only caused by fear, prejudice or mental association.

One must certainly not go to the other extreme and try to eat six, eight, ten lemons or more, on principle, without taking into account the temperament and constitution of each individual.

While a stomach ulcer may rarely be an obstacle to the *gradual* intake of a large amount of lemon, there are some neuro-vegatative problems in which lemon is contra-indicated, provisionally at least.

The main guideline in natural healing is gentleness. Hippocrates' precept was 'Don't overwhelm.' It is better to avoid *a spectacular but ephemeral result* and to advance slowly but surely on firm ground.

Provided that you proceed carefully and with moderation, you will congratulate yourself for using lemon, whose virtues are precious and varied. Great things can be achieved with lemon!

High blood pressure; blood that is too thick; poor circulation; hardened or obliterated arteries; distended veins; all these have their remedy in a good lemon cure.

If toxins or crystals are lodged in or around the joints (arthritis, rheumatism, etc.), in the kidneys or in the bladder, they need lemon to dissolve and eliminate them.

The bacilla of dysentery, typhoid, cholera, etc. and parasites (ringworm, scabies, lice) do not resist lemon.

A cure must be gradual, graded, and carried out without unnecessary shocks. Start with one lemon, or even half a lemon, daily. Continue this until the body is thoroughly accustomed to it. Subsequently, increase the dose by one or one-half lemon every two or three days. Add an equal quantity of unboiled water. It can be sweetened with a little honey.

The daily quantity to aim for depends on the case, the temperament, the climate, and the distance of the place from areas where lemons are produced. When treating rheumatism or arthritis, it is possible to go up to eight, ten, or even twelve lemons daily. Where lemons ripen, the daily consumption of twenty or thirty causes less disturbance to the system than six or seven lemons that are gathered before maturity and ripen during transport.

When you reach the limit that the organism will tolerate, start to cut back, using the same gradual rhythm. Afterwards, two to four lemons can easily be used every day, either taken with water, as a drink during the course of the day, or taken in a little hot water after meals.

Avoid the addition of sugar. Honey can be added.

Lemon and honey make a pleasant, nutritive mixture for treating aphta and mouth irritations. To tone up the liver, it helps to add a little grated lemon rind to salads. This is equally effective for toning up the stomach. Those who eat a whole lemon, peel, pulp and pips, are doing a good deed for their system.

The liquor of the whole fruit helps to get rid of worms. Sometimes it is enough to give the pips in honey to rid a child of its worms.

There are still more uses. For example, a few drops of lemon in the nose for a head-cold. Rub the inside of a lemon rind on the gums to tone them. Rub a half lemon (cut side) on mosquito bites, flea bites, etc. Its antiseptic properties also work when treating a sore with lemon juice. It stings a bit, but it does the trick!

Remember lemon, too, for beauty-care, if only for using the inside of the rinds to preserve the skin on both hands and face. Lemon juice prevents chilblains and can toughen sensitive skin on the soles of the feet.

For more details about lemon, consult the booklet *The 4 Wonders.*

THYME

Nature and its manifestations are objects of perpetual wonder, a joy to study and behold. Why does the human race go to so much trouble to imitate, rather badly, what already exists in the most perfect possible state?

Scientists have 'invented' products called 'antiseptic' with the aim of destroying substances they consider harmful to the human body. But these synthetic products lack life, lack its intelligence and its memory, and so destroy, in their ignorance, both the harmful and the precious.

The real, the *natural* antiseptics act quite differently. *They do not kill.* They prevent the birth or growth of harmful bodies and simultaneously tone up the organism.

Thyme is one of these natural marvels which deserves to be more widely known. It has many virtues and is pleasant to use. Its antiseptic property is widely used in pharmacy, but in the form of 'extracts', 'essences', etc., all more or less *lifeless.*

For example, in the case of a head-cold or a cough, why not simply make a good infusion of thyme with five or six sprigs infused for ten minutes in a cup of boiling water? You can drink five or six cups a day, with honey added. A head-cold cannot resist thyme for as long as two days. If the nose is blocked, make a liquor with ten sprigs of thyme per cup; boil for a few minutes; plunge the nose into the lukewarm liquor and inhale it, through one nostril at a time, five or six times for each nostril. Do this twice or three times daily. Hay fever, rhino-pharyngitis, rhinitis, etc., respond to this treatment, which can be alternated with inhalations of clay-water or lemon-water.

An infusion of thyme also makes a good tonic for the digestive tract (stomach, intestines) by removing wind and preventing putrid fermentations, especially if a pinch of green anise is added to each cup. You can also add a pinch

of agar-agar, boiled beforehand, as this gives the infusion a soothing quality which is as valuable to the bronchial tubes as to the intestines.

For sore throats, angina and tonsilitis, or when the stomach is weak, distended and lacking in tone, chew on some thyme. Its vitalizing principles will dissolve into the saliva without the loss of valuable essences that is unavoidable in the making of infusions or liquors.

For rheumatic pains, stiff neck, lumbago, etc., chop some thyme (preferably fresh), cook dry in a suitable receptacle, put into a square of muslin and apply as hot as possible. Chopped thyme, mixed into bran with a little water, makes a very active poultice. Thyme can also be used in the bath for the treatment of rheumatism, gout, arthritis, nervous debilitation or an overall condition of weakness. For a complete fifteen-minute bath, use 500 grammes of thyme; boil in a few litres of water; add to the bath water (hot). For localized baths (footbaths, handbaths) or compresses, boil a handful of thyme for ten minutes in four to five litres of water.

A very concentrated liquor (a good handful of thyme in a litre of water, cooked until reduced by half) makes an excellent tonic for the scalp, stops or hinders loss of hair and activates its regrowth.

Dry thyme, ground or pulverized, is a good toothpaste and strengthens the gums. It can be used on its own or with powdered clay in equal parts.

The addition of thyme to cooked dishes gives a pleasant taste and aids digestion.

Thyme is one of *The 4 Wonders* described in the booklet of that title.

ONION

Onion has been appreciated so much, and for such a long time, that its fame seems to have travelled down the centuries and across all frontiers. Even so, it is worth pausing for a moment to consider its properties, which are not always used to the full.

There are so many sevére health problems nowadays that onion, which can help to reduce them, is perhaps more useful than it has ever been. One example is arterial sclerosis with a tendency to thrombosis. Onion partially neutralizes the dangers created by greasy or fatty substances, which have a harmful effect on the blood serum, lowering its fibrinolytic activity. This is maintained by onion, which also acts to prevent the precipitation of the blood and all that could ensue — infarctus, phlebites, etc. It strengthens cardiac activity and even stimulates the phenomenon of arterial vasoconstriction, thereby promoting circulation in all the blood vessels from the largest to the smallest. It is also diuretic.

It acts equally well on the smooth musculature, which it stimulates, activating among others the motories of the intestines. This is particularly helpful in cases where there is a tendency to constipation due to lack of muscle tone.

Researchers in the pharmacological laboratory of the Institute of Medicine at Karkov, in the Ukraine, published results of a ten-year study on the effects of onion on the human organism. According to the conclusions of their survey, the consumption of onion should be encouraged as much as possible and its numerous therapeutic virtues acknowledged. It has been observed, for instance, that fresh onion juice can destroy the diptheria bacillus and that of tuberculosis. It is equally powerful in cases of angina, influenza and many other infections.

To be convinced of the antibacterial action of onion, one has only to try it. It is particularly effective on the bacterial flora of the oral cavity and therefore helpful in cases of stomatitis, gingivitis, pyorrhoea and all dental infections.

The sulphuretted essences of onion (like those of garlic) are such powerful antiseptics and inhibitors of the growth of certain bacilla, that onion juice has proved to be effective in treating purulent sores and infected ulcers. Furthermore, it contains a substance called phytoncide which helps to regenerate the tissues of these sores. The essences of onion are so volatile, it is important to use it in its raw state wherever possible.

Curiously enough, some people do not digest onion well. It is in fact an aid to digestion, particularly that of the pulses with which it is associated. Sometimes it is only cooked onion which does not 'go down' well. Try adding a little raw onion, or some freshly-squeezed juice. In any case, difficulty in digesting a natural food is abnormal and suggests a need for treatment (following the indications given in the book *Digestive Problems*).

Acting on the need to look for 'the how and the why', people might wonder what it is that gives the onion its highly valuable qualities. It is rich in certain vitamins (A, B, and C) and mineral salts (iron, phosphorus, sulphur, fluoride, silica, iodine, etc.) but this does not seem to explain everything. We must simply go back to observing the possibilities offered by the onion — a pragmatic point of view, no doubt, but a practical one.

We can observe, for instance, that onion actively contributes to reducing surplus albumin, urea, cholestorol and uric acid. Its organic salts neutralize acid excesses. It encourages the elimination of chloride residues and the reabsorption of oedemas and dropsies. It helps the prostate gland by increasing its secretions and promoting

diuresis. It has a hypoglycemiant effect, useful in diabetes and attributable to an active ingredient, glucokinin, which stimulates the pancreas and acts rather like insulin. Being rich in iodine of a type the body can assimilate, it helps to restore glandular equilibrium. Its fluoride not only prevents tooth decay but also has a beneficial influence in cases of Basedow's disease (exopthalmic goitre). It can be effective in removing both worms and parasites. It is a tonic for the heart and blood vessels. It can be an effective anti-rheumatic remedy and is equally powerful against sclerosis.

The simplest way to use it is also the most common — put onion into all culinary preparations that can include it and eat it in salads as much as possible. There are specific ways of using it according to the case and the desired results. One general point is that onion loses much of its sharpness when it is cut into slices and seasoned with salt, oil and lemon.

As a cure for rheumatism, put three onions, cut into pieces but *unpeeled*, into a litre of water. Boil for a good ten minutes, then leave to cool and strain. Take a glass of this preparation first thing in the morning, and another at bedtime. Do this for three weeks, and repeat the cure two or three times a year.

In cases of intestinal upsets, boil a handful of onion peel in a litre of water for ten minutes. Strain, and drink in one or two days.

For influenza or similar illnesses, put two sliced onions (no need to peel them) in half a litre of water. Boil them for a few minutes and drink the mixture, a little at a time, during the course of the day. Repeat for the next few days if necessary.

For all internal infections and also in cases of nervous crisis, take a little freshly-squeezed raw onion juice, with or without added water. This juice can also be helpful in

cases of urine retention, crises caused by nitrogen deficiency, and all poisonings.

Sometimes, particularly during a nervous crisis, making the patient breathe in a little of this juice is enough to improve the situation, for the time being at least.

For migraine, rub a little juice on the brow or, better still, apply a poultice of raw chopped onion.

A poultice of cooked onion can often be helpful in soothing a pain, stimulating the excretion of urine or degongesting the liver. Raw onion is sometimes even more effective, chopped finely and placed in a piece of gauze or light fabric. Its anti-inflammatory effects is often remarkable. In a short time it can put an end to a rheumatic crisis, cause an emission of urine, or soothe a migraine. On corns or painful callouses, as on all indurations, the results are sometimes spectacular; the corns come away quite easily once the poultice is removed.

Where there is congestion in the upper part of the body, the most effective treatment (next to a footbath made with a liquor of red wine) is a poultice of raw onions of each foot. Nearly a kilo of onions are needed to make this, and it should be left on for several hours, or all night if the poultice is put on in the evening.

For an insect bite, rub the place with a cut raw onion.

For the tratment of warts, hollow out an onion and fill the hole with seat-salt (unground). Leave it to melt, then touch the wart frequently with this juice. It will dry out and fall off. This method is especially valuable in the winter, when the fresh sap of spurge or celandine cannot be obtained.

In conclusion, we must not omit to mention another interesting use of onion, or rather one of its parts — the thin skin which separates its layers. When a light dressing is needed for a sore, a cut or a boil, place one of these skins directly on the affected spot and cover with a light dressing (sticking plaster or similar). All risk of infection can thus be avoided.

THE EGG-LEMON SYSTEM

This popular remedy, which has been known for a long time, is prepared by soaking crushed aggshells in lemon juice.

It was thought that decalcification and other deficiencies could be treated by this method but the results are not always what might be hoped for. Another procedure, which works much better, was then discovered. This is the 'egg-lemon system' which has now been used for a number of years by followers of the 'harmonist method' and which usually gives complete satisfaction with a very short delays.

A statement like this needs to be explained and justified. Why were the results obtained from soaking eggshells in lemon juice less satisfactory than those obtained from using the whole egg? The first technique produces poor results, while those of the second are sometimes dramatic.

The American physician *Cleve Backester*, a specialist in lie detectors, was conducting some experiments with eggs when one of his machines picked up vibrations, similar to the heartbeats of an embryo chicken, in unfertilized eggs. And yet the sterile egg contained no detectable circulatory system.

It seems that these ultra-sensitive machines had detected something that would have been recognized, in holistic circles, as the living substance — a phenomenon fiercely denied by the scientific majority who persist in confusing artificial vitamins with natural ones.

To benefit from the extraordinary properties of this remedy, proceed as follows: In the evening, put a whole egg (preferably one with a white shell, intact and well-cleaned) into a coffee cup. Cover it with lemon juice and leave it all night. Next morning, before breakfast, take the rather pasty liquid that results from this soaking and

drink it, either as it is, or, if preferred, after straining it through a metal sieve. The egg remains intact, although with its shell thinner, and can be used for cooking.

A young child should only be given half, a third or a quarter of the liquid; but this preparation is never dangerous even when taken in excessive quantities.

There are several possible methods of carrying out the treatment. If the case calls for rapid results (a fracture, for example) proceed as described above for ten consecutive days and repeat each month, for several months afterwards if necessary.

For a more general cure, the preparation can be taken every other day, alternating with clay taken orally. The treatment lasts for one, two or three months and is repeated, if necessary, once or twice a year mainly during periods when there is not much sunshine.

This remedy is especially helpful in cases of extreme exhaustion, some anaemias, decalcification and loss of minerals (particularly those which accompany rheumatism or arthritis), all osteopathic problems, asthenia, nervous depression and all deficiencies.

Two Valuable Auxiliaries to Clay:

In certain situations where treatment is required urgently, isolated remedies can be especially welcome. When they exist in nature, it would be a shame not to make use of them.

Two are of particular interest because of their antiseptic properties. Whenever and wherever there is an infection, it is always helpful to turn to box or elderberry.

1. BOX

The action of box, in particular, is remarkable both externally and internally. The very rare works of phytotherapy that mention it indicate, rather vaguely, that it is 'supposed' to have such-and-such a property or 'may possess' some virtue or other. Such conditional statements merely serve to demonstrate that the authors of these works have never put box to the test; had they done so, their caution would have been transformed into a much more positive attitude.

The late lamented doctors, *H. Leclerc and Artault de Vevey* (whose daughter became a harmonist) experimented widely with box, particularly for internal use. They were categoric in their opinion of its remarkable value and multivalent use. They reported 'extraordinary results' in cases of intermittent fevers and angiocholitis which had even resisted quinine; a draining effect on the biliary and intestinal tracts; and properties of removing bile, driving out fevers, and stimulating the sweat-glands.

These doctors, however, do not seem to have experimented with the external use of box; and it is in this, above all, that its action is the most dramatic and profound.

Doctor H. Leclerc related how, when he was wounded during the First World War, he was shaking with fever, his wound was infected and there was nothing to treat

him with. He asked someone to boil a handful of box leaves in a litre of water. He drank the decoction as quickly as possible — finding the taste dreadful, although it is not really so unpleasant and this caused abundant sweating and saved him.

Here, then, is one possible use of box, after prolonged boiling (ten to fifteen minutes) of 40 grammes of the leaves. This should be drunk within the space of an hour or an hour and a half. With the help of the bedclothes, hot water bottles, etc., perspiration should soon occur. In cases of influenza, chills or any infection, a favourable outcome is almost certain.

It is sometimes enough to drink this litre of the decoction during the course of the day, repeating this once or twice a week while an internal infection (urinary, genital, or intestinal, for example) is present. Box decoction works equally well as an antiparasitic.

Box is the enemy number one of viruses but runs no risk of poisoning the patient.

If box has now reached the top of the list of natural remedies, it is because it has shown itself to be such a powerful antidote to viruses. No synthetic remedy can compare with its harmless activity. In most viral complaints, including influenza, it is a good idea to use box intensively (a litre a day or even more if possible).

As we have said, it can be used externally as well as internally. In cases of eruptive viral diseases (shingles, herpes, various mycoses, etc.), box should be drunk as a decoction and used at the same time in ointments, baths or compresses.

It has often been observed that the effects of using box externally are even more spectacular than when it is used internally. The same liquor can be used as a dressing for ulcers and all infected sores. The result will manifest rapidly. One is usually stupefied to discover that when the com-

press is removed there is no trace of pus, the tissues are clean and clear, and that the healing appears to be taking place even faster than when these compresses are alternated with clay poultices.

When the locality of the problem allows (foot, hand) do not hesitate to complement the treatment with warm baths of this same liquor of box leaves.

Any impartial observer, witnessing a treatment of this sort, cannot but acknowledge the value of certain natural remedies.

ELDERBERRY

Elderberry works admirably alongside box and clay. It is used in an infusion of 20 grammes of flowers placed in a litre of boiling water. Leave to chill, sieve, and drink cold at any time during the course of the day. Repeat every day when box is not being taken.

This produces excellent results in most cases of internal infection (particularly of the lungs or vesicles). In cases of collibacillosis it is sometimes necessary to continue the treatment for months. The same applies to chronic tuberculosis.

Elderberry flowers are also used externally, particularly for inflammations of the eyes, either in the form of an infusion as described above or as a poultice made with two soupspoonfuls of elderberry flowers to four of wheat flour. Dilute with a little water, cook for a few minutes, put on a piece of gauze and apply fairly hot. Keep on for an hour or two, depending on tolerance and necessity.

In order to decide which of these two plants to choose, it is enough to remember their special properties.

Elderberry is particularly effective against the 'cocci' streptococci, pneumonococci, enterococci, staphylococci — and above all when colibacilli are spreading in the

intestine, the kidneys, the bladder, the eyes or the nasal tubes. Elderberry is also a good remedy for chronic tuberculosis and most of the respiratory complaints.

If there is any uncertainty about the cause of the disease, use box and elderberry together, alternating them day by day. In this way one attacks on both fronts. No unpleasant consequences can arise from taking box or elderberry, even if they are taken for no apparent reason. Natural remedies, furthermore, can always be used prophylactically.

SOME GUIDELINES FOR STARTING A TREATMENT

No-one can better establish the basis for a treatment than the patient himself. The sample testimonies given elsewhere in this book are a proof of that and of the fact that, with a minimum of trust and a large dose of perseverance, anyone can achieve the desired result.

Nevertheless, for those who are starting off on a method which hitherto has been, if not unknown, at least not very familiar, a few details may help to guide their first steps. Afterwards, each one will be able to confirm that efficacy does not preclude simplicity and vice-versa.

ABSCESS: See the section on 'Abscesses, Boils and Anthrax'.

ACETONEMIA: Take clay orally, in the morning on an empty stomach, for three weeks a month, as well as the infusion for 'Liver (Swollen)'. Apply a clay poultice to the liver every evening.

ACIDITY OF THE STOMACH: Take a spoonful of clay in a little water, spread over two doses, before meals and the infusion for 'Gastric Upsets' after meals. Apply to the abdomen alternate poultices of clay (slightly warm to start with) and bran mixed with ground ivy.

ACIDIOSIS: When the Ph is unbalanced and acidity prevails, the excess can be neutralized by taking clay orally, once or twice daily (a teaspoonful each time), and applying a clay poultice to the liver every evening.

ACNE: See the section on 'Care of the Skin'. As well as taking clay orally, drink the infusion for 'Liver (Swollen)' every morning. When the treatment with this infusion is complete, take two cups of infusion of marigold flowers throughout the following months.

ADENITIS: In addition to oral clay (a teaspoonful first thing in the morning) take the infusion for 'Liver (Swollen)' before one meal and the infusion for 'Mineral (Loss)' before the other. Also take, between meals, two cups of decoction of box. Apply clay poultices to the ganglions affected by the inflammation.

ADHESIONS: See the section on 'Adhesions and Post-operative Conditions'. Excellent results can be expected if you persevere with the applications of clay.

AEROPHAGIA: Take clay orally before meals (a teaspoonful spread over two doses) and the infusion 'Liver (Deficient)'. Apply a poultice of bran and ivy to the stomach every evening at bedtime, or at some other time, during the course of a week.

Following on from this, use the poultice only two or three times a week and replace it with a clay poultice applied to the liver on the other evenings.

ALBUMIN: The presence of an excessive proportion of albumin in the urine can have various origins, beginning with standing upright for a long time (albuminuric orthostatic) combined with a tendency towards arthritis.

A treatment with 'sapwood of wild lime' will restore equilibrium if the case is a fairly simple one. Clay should also be taken orally, in the morning on an empty stomach, and applied in poultices to the liver and the kidneys alternately.

ALLERGIES: These, in general, do not yield so easily as long as the situation which is the root cause of the disturbance persists. All the same, it is possible to make the troublesome symptoms more comfortable by taking clay orally, in the morning on an empty stomach, the infusion for 'Liver (Swollen)' before meals, and applying clay poultices to the liver each evening at bedtime.

Do not omit cold hip-baths (each morning) from the treatment.

AMIBIASIS: Oral clay, taken each morning, helps to eliminate parasites and mitigate their consequences, especially with the added precaution of taking plenty of Box for several months.

Externally, clay poultices should be applied on the liver and lower abdomen alternately.

ANAEMIA: Proceed as described for 'Loss of Weight' (below) and add two glasses of freshly-squeezed carrot juice daily.

ANGINA: See 'Throat'. Add Box, taken abundantly at any time. Consider cold hip-baths.

ANGUISH: Alternate the treatment described for 'Aerophagia' with that described for 'Loss of Weight'.

APHTHA: Take clay orally, in the morning on rising or before a meal (whichever seems the most beneficial), and the infusion 'Liver (Swollen)' before meals. For mouthwashes, to be done several times daily, alternate clay-water with a decoction of Box.

ARTHRITIS: Follow the advice given in the section on 'Arthritis' in the first part of this book and add the 'Egg-Lemon' preparation on ten consecutive mornings each month, with oral clay on the other days. Also take plenty of Box for one month and the infusion for 'Mineral Loss'in the following months.

ARTHROSIS: Proceed as for Arthritis.

ASTHENIA: Proceed as for 'Loss of Weight' (below).

ASTHMA AND HAYFEVER: Follow the advice given in the section 'Nose' in the first part of the book, adding the infusion for 'Liver (Deficient)' and the one for 'Nervous Tension and Insomnia' as well as a cold hip-bath every morning.

BARTHOLONITIS: As is described in the little book Diseases of Women, this inflammation (or infection) of the gland of Bartholin is usually cured very effectively if clay poultices are applied to the lower abdomen successively until the pain stops.

If possible, add one or two cold hip-baths daily.

BEDSORES: It is often enough simply to wipe them with lemon juice and then powder with clay. In persistent cases, apply clay poultices alternated with damp compresses of Box.

If an organic deficiency is the root cause of the situation, follow the advice given for 'Loss of Weight'.

BITES: Proceed as for 'Wounds' (in Part I of this book), except that the clay poultices should be alternated with compresses of Box.

Take two teaspoonfuls of clay every day, and two or three cups of decoction of Box.

BLOOD CIRCULATION: The infusion for 'Blood Circulation' works well. Complement it with a cold hip-bath and by taking the juice of two lemons and one orange first thing in the morning. Take clay orally before a meal.

BLOOD PRESSURE (HIGH): See 'Hypertension'.

BRONCHITIS: See the section on 'Lungs'. Add Elderberry, to be drunk in abundance, alternating with Box to prevent any possible infection. The cough-mixture

described in the section on 'Colds and Coughs' helps to loosen phlegm and facilitates expectoration.

BINIONS: Clay poultices can reduce these considerably; but it takes time.

Follow the advice given for 'Arthritis' if there is a deformity of the big toe or the foot.

BURNS: See 'Burns' and add lotions — or even, in alternation with clay, compresses — of Box. Nothing is so certain and effective for healing burns, with no pain, or very little, and with the minimum of scarring. Even deep and widespread burns usually leave no trace.

BURNING SENSATION IN THE STOMACH: Treat as for 'Acidity of the Stomach'.

BUZZING IN THE EARS: See the section on 'Ears' in the first part of the book and add the infusion for 'Blood Circulation'.

CALLOUSES: See 'Corns and Callouses'.

CANCER: The treatment described for 'Benign Tumours' is also appropriate for cancer, as a complement to all other forms of treatment. This treatment helps the patient to tolerate radiations better and not only protects the skin but reduces the possible consequences of excess radioactivity. Given after medical treatment, it contributes greatly to reducing the risks of metastases or recurrences.

We strongly recommend the reader to consult our short work devoted to this subject.

CATARACT: Use the general treatment described for 'Loss of Weight', with the addition of some localised care (particularly clay poultices, first on the brow and then directly on the eye) as suggested in the section on 'Eyes'.

CELLULITE: This is a 'rheumatism of the soft tissues', therefore the advice given in 'Arthritis and Rheumatism' should be followed. Add a poultice of ivy leaves on the most tender spots and take a cold hip-bath every morning.

CEPHALITIS: Follow the advice given for 'Migraine', adding the infusion for 'Liver (Swollen)' and a cold hip-bath every morning. At bedtime, put on a cap of cabbage leaves and, at the same time, apply a clay poultice to the liver.

CHALAZION: This is often due to a stye that has hardened. The applications of clay poultices need to be made persistently, every evening, so that it will yield. Sometimes it may be helpful to rub the spot with a cut clove of garlic before the clay is applied. Do this only once, as there is a risk of damaging the nearby tissues.

CHAPPED SKIN: Consult the section on 'Care of the Skin' in Part I of this book.

CHOLESTEROL: When this is excessive (or suspected to be), take clay orally, in the morning on an empty stomach, and the infusion for 'Liver (Swollen)' before meals. At bedtime, put a clay poultice on the liver, if only twice or three times per week.

CHILBLAINS: Take clay orally, first thing in the morning on an empty stomach, and the infusion for 'Blood Circulation' before meals.

For localized treatment, see 'Care of the Skin' (in Part I of this book) and if necessary use the ointment prescribed for 'Chapped Skin'.

CIRROSIS: If this is dangerous, start taking oral clay at once, every morning; the infusion for 'Liver (Swollen)' before two meals; and a clay poultice on the liver every evening at bedtime.

COLDS: See 'Bronchitis' or 'Nose' in Part I of this book.

COLIBACILLOSIS: Persevering with the treatment for at least two or three months makes it possible to free oneself eventually from this troublesome inconvenience.

Have a cold hip-bath every morning and take clay orally. During the day, drink plenty of Elderberry infusion. After two weeks, add Box to the treatment, using Elderberry one week and Box the next.

Every night, at bedtime, put a large clay poultice on the lower abdomen.

In painful crises, break off the treatment provisionally and substitute the infusion for 'Kidneys and Bladder'. At the same time a poultice of bran and ivy leaves should replace the clay on the lower abdomen. During work, it is possible to keep cabbage leaves against the lower abdomen.

COLITIS: This can be something of a challenge, demanding a prolonged and rigorous treatment; but improvement of the condition is always possible.

In the morning, on an empty stomach, take a glass of freshly-squeezed carrot juice. Take a small teaspoonful of clay in a little water before two meals, and after them the infusion for 'Liver (Deficient)'.

If the stools are liquid or contain blood, take a cup of the infusion for 'Bleeding' during the course of the day.

Each evening, apply a clay poultice to the most sensitive area of the abdomen. Cabbage leaves, covering the entire abdomen, can be worn all day. A poultice of bran and ivy-leaves can be used if there is intense inflammation.

CONJUNCTIVITIS: See 'Eyes' in Part I of this book.

CONSTIPATION: Some patients will have a tendency to become constipated as a result of taking clay orally. Those who are already in this situation may, therefore, express some fears before embarking on a clay treatment.

Nevertheless, we have received numerous testimonials assuring us that only clay was able to deal with a stubborn case of constipation.

Tests should be made to find out how the individual organism reacts. There is no risk involved, since if clay causes constipation, after being taken in the morning on an empty stomach, the infusion given for 'Constipation' will counterbalance this effect.

As the desired result is freedom from constipation, without the need for any laxative, clay should be tried with this in view.

There are people who are constipated by clay if they take it in the morning but not if they take it before the evening meal or even just before bedtime.

Moreover, applications of clay to the base of the stomach, every evening (and a cold hip-bath every morning) will restore enough tone to the intestines for them to function normally.

A dessertspoonful of olive oil and lemon juice can be alternated with oral clay and taken every other morning. The infusion for 'Liver (Swollen)' should be taken before two meals and, in a long-term case, the infusion for 'Constipation' in the evening at bedtime.

Pay attention to improving the diet by introducing plenty of raw vegetables and foods rich in fibre (wholewheat bread, wholegrain rice, pulses which have not had their husks removed, etc.).

CORNS AND CALLOUSES: Clay poultices will help to soften the corn or callous until it will come away easily after a few days of treatment. It is important to apply the poultice in the evening and leave it on all night. In stubborn cases, replace the clay with a poultice of raw onion from time to time.

CORNS (soft) between the Toes: Apply as many clay poultices as possible to the spot and rub with Box lotion if there is a sore. Powder with dry clay.

CORYZA: See 'Nose' in Part I of this book. Take infusions of Thyme as often as possible.

COUGHS: See 'Bronchitis' or the section on 'Lungs' in Part I.

CRACKS IN THE SKIN: Consult the section on 'Care of the Skin' in Part I of this book. If the cracks persist, melt some cocoa-butter (available from the chemist) in the top of a double saucepan with sweet almond oil. If the ointment is too hard or too soft, melt it again and add whichever of the two ingredients is needed to achieve the required consistency. This ointment is most effective.

CYPHOSIS: See 'Spine'.

CYSTITIS: Treat as described in 'Colibacillosis'.

CYSTS: See 'Fibroids and Cysts' below.

DEAFNESS: See the section on 'Ears' in Part I of this book.

DECALCIFICATION: See 'Loss of Minerals'.

DENTAL ABSCESS: See the section on 'Mouth and Teeth'.

DENTAL ARTHRITIS: See the section on 'Mouth and Teeth'.

DIABETES: Begin with the advice given for 'Loss of Weight'. After one month, take the infusion for 'Assimilation' at one meal while continuing with the infusion for 'Liver (Deficient)' at the other meal.

Put the clay poultice only on the 'Liver-Pancreas' area provided it will hold.

DIARRHOEA AND DYSENTERY: The advice given for 'Colitis' applies here; but if either an infection or the presence of parasites is suspected, in addition to the failure of the hepatic functions, Box and Elderberry can also be used, on alternate weeks. Take two cups daily in addition to the other infusions and the oral clay.

DISCHARGES (White or other): Begin with the treatment advised for 'Loss of Minerals', adding clay poultices on the base of the stomach, except during the menstrual period.

If the discharge persists, include the infusion given for 'Bleeding' in the treatment, as this can put a stop to any kind of abnormal flow.

DISTENSION: Follow the advice given for 'Aerophagia' and add the infusion for 'Digestive Problems and Distension', alternating this with the infusion for 'Liver (Deficient)'.

ECZEMA: See 'Care of the Skin' in Part I of this book and add clay, taken orally, every morning and the infusion for 'Liver (Deficient)' after meals.

ENTIRITIS: See 'Colitis'.

ENURESIA: Clay poultices on the base of the stomach, every evening, often produce good results.

FEVER: This should not be combated but only mitigated, as it is part of the body's defence mechanism. Cold hip-baths alternated with clay poultices on the base of the stomach will have this effect, without blocking the natural processes of immunity.

In addition, take clay orally, once or twice a day, and hot lemonade. Drink plenty of Box (a litre every 24 hours) until the temperature has returned to normal.

FIBROIDS AND CYSTS: These are generally reabsorbed with poultices of clay and... a great deal of perseverance.

In addition to cold hip-baths and clay taken orally, every morning, take the infusion for 'Blood Purification' and follow the advice for 'Benign Tumours' given in Part I of this book.

FLAT FEET: As well as a treatment for restoring mineral salts (see 'Loss of Minerals'), envelop the feet in a thick layer of clay every evening. Given sufficient perseverance, satisfactory results are often achieved.

FRACTURES: Follow the advice given for 'Fractures' in Part I and add the treatment suggested for 'Loss of Minerals' below.

GALL-BLADDER STONES: Clay is excellent to place on the gall bladder; but not at first, if one wishes to avoid too hasty a movement of stones or deposits.

Begin by taking a spoonful of olive oil with the juice of half a lemon every morning. Clay can be taken orally before a meal, always at a dosage of one teaspoonful.

After meals, take the infusion 'Liver (Deficient)'. At bedtime, place cabbage leaves over the entire area of the liver. After eight days, use cabbage leaves and a clay poultice (warm to start with and then at room temperature) on alternate evenings.

When the packet of this infusion is finished (after about three weeks) take clay orally in the morning, on rising, one week in two. Take oil and lemon juice during the other week. Before meals, take the 'Hepatitis' infusion.

If there are painful crises, suspend treatment but apply a bran and ivy-leaf poultice to the entire abdomen, unless there is a significant rise in temperature. In that case, alternate cabbage leaves on the liver with a clay poultice on the lower abdomen.

GASTRIC UPSETS: Take clay orally, first thing in the morning on an empty stomach, for one week. During the other week, take a dessertspoonful of olive oil with the juice of half a lemon. Continue for two or three months.

Before meals, take the infusion for 'Liver (Swollen)'. If the stools are scanty, replace this infusion with the one for 'Gastric Upsets' before the evening meal.

At bedtime, alternate the Bran-Ivy poultice at the waist (liver and stomach) with a clay poultice on the liver.

GASTRITIS: Treat in the same way as 'Acidity of the Stomach'.

GOITRE: Clay poultices on the thyroid gland can help to reduce it. In addition, take clay orally, in the mornings, and the infusion for 'Glandular Problems'.

See also the section on 'Thyroid' in Part I.

GOUT: Proceed as for 'Arthritis' and see also the section on 'Arthritis and Rheumatism' in Part I.

In addition to the treatments indicated, take a six-day cure of the Sapwood of Wild Lime infusion whose formula is given under 'Rheumatism and Stones'.

HAEMORRHAGES: Follow the advice given in the section of this title in Part I. Also take a cup of the infusion for 'Bleeding' every day, continuing as long as necessary.

HAEMORRHOIDS: Follow the advice given in the section on 'Varicose Veins and Haemorrhoids' in Part I, adding cold hip-baths and clay taken orally before a meal. In the morning, on an empty stomach, take the juice of two lemons and one orange.

Take the infusion for 'Blood Circulation' and, if there are painful crises, add a teaspoonful of Indian Chestnut Extract (from the chemist).

The infusion for 'Bleeding' can also be taken if necessary, as it contributes not only to the healing of scars but also to realignment of the distended vein.

HAIR: As mentioned in the section on 'Care of the Skin', clay can be applied to the scalp, either when it has suffered a blow or simply for hair loss. It is also possible to apply a liquid mud and, after rinsing, rub in some liquor of Box, without drying the hair too much afterwards.

HEADACHE AND MIGRAINE: See 'Cephalitis' above.

HEARTBURN: Treat as 'Acidity of the stomach'.

HEPATIC COLIC: Proceed as for 'Biliary Stones' and add applications of cabbage leaves when poultices of clay, or bran and ivy-leaves, are not being used.

HEPATIC DEFICIENCY: To the treatment indicated for 'Liver and Gall Bladder' in Part I, add the infusion for 'Liver (Deficient)'.

HEPATITIS: Start by taking oral clay, in the morning on an empty stomach, and Box during the day. Apply as many clay poultices as possible to the liver.

When the fever lessens and the reactions seem to have faded out, add the infusion given for 'Hepatitis' while continuing with the oral clay in the morning, Box during the day, and a clay poultice on the liver every evening at least.

HERNIA: All the indications for this are given in the section on 'Hernia' in Part I.

HERPES: This responds to treatment with clay and Box.

Take clay orally in the morning and drink plenty of Box between meals. Use the same drink as a lotion and powder with clay afterwards.

If the affected spot is accessible, apply clay poultices or paint with clay mud.

HIATAL HERNIA: See the advice given for 'Gastric Upsets' and add clay poultices applied to the stomach outside digestive periods.

HYPERTENSION: Clay taken orally has a tendency to raise tension a little. Take it only twice a week, before a meal.

Take a cure of garlic water for a month, every morning, on an empty stomach. Afterwards, take the juice of two lemons and one orange in an equal quantity of water.

During the day, take the infusion for 'Heart Tonic'.

At bedtime, apply a clay poultice to the liver and the nape of the neck alternately.

During convalescence after brain damage, put a poultice of chopped onion on the sole of each foot at bedtime.

See also the section on 'Congestion and High Blood Pressure' in Part I of this book.

ICTERIS: See 'Hepatitis'.

IMPETIGO: Take clay orally, and Box. Rub Box lotion into the eruptions and powder with clay. In addition, apply a poultice of clay or cabbage leaves to the liver every evening.

IMPOTENCE: In addition to cold hip-baths in the morning, and oral clay, drink plenty of infusion of Rosemary. At bedtime, apply clay to the base of the stomach and the lumbar region on alternate evenings.

INCONTINENCE (Urine): Do not fail to take a cold hip-bath every morning, and take clay orally afterwards.

At mealtimes, take the infusion for 'Loss of Minerals' which will help the process of revitalizing the tissues.

At bedtime every day, apply a thick, wide clay poultice to the base of the stomach.

INFECTIONS: Take clay orally once or twice a day (a teaspoonful each time). On alternate days, drink plenty of Box.

Apply clay poultices alternately to the base of the stomach and the most affected area of the body.

INFLAMMATION OF THE ARTERIES: On the most painful spots, clay poultices alternated with applications of cabbage leaves can reduce the pain considerably and help to improve the situation.

Clay can be taken orally in the morning on rising, and the infusion for 'Liver (Swollen)' before meals; but above all, use as much lemon as possible (the juice of four to eight lemons, in a little water, daily).

INFLUENZA: The sovereign remedy for influenza is Box, together with oral clay, cold hip-baths and clay poultices on the lower stomach. In emergencies, add the prescriptions given for bronchitis, fever or coryza.

INGROWING TOENAILS: Without extraction or any other treatment, clay can usually bring the situation back to normal. Apply large poultices for as long as possible (the poultice should envelop several toes to create enough mass, so that it does not dry too quickly and block the circulation).

INSOMNIA: Apart from other treatments for the anomalies which have caused the insomnia, take the infusion for 'Nervous Tension and Insomnia' at bedtime. In the evenings, apply poultices of Bran-Ivy, alternating with clay poultices, to the nape of the neck.

INTESTINAL FERMENTATIONS: See 'Distension' and 'Colitis'.

JAUNDICE: See 'Hepatitis'.

LAMBLIASIS: Like all parasitoses, this responds to the same treatment as that given for 'Ambiasis' above.

LARYNGITIS: See 'Throat' (in Part I) and 'Angina'.

LEGS (Aching): Poultices of clay and applications of cabbage leaves can be alternated.

LEGS SWOLLEN: The basic treatment is either the infusion for 'Blood Circulation' or the one for 'Liver (Swollen)'. Alternatively, both of these can be taken, one before each meal. Oral clay should also be taken, and a cold hip-bath every morning.

As an additional treatment, wrap the legs in cabbage leaves for the night. After a week, alternate the cabbage leaves with a clay poultice placed on the most seriously affected area.

LOSS OF MINERALS: Whether it is calcium or some other mineral which is lacking, the problem is the same; the assimilatory functions need to be stimulated.

After following the advice given for 'Loss of Weight' for a month, replace the infusion given for 'Liver (Swollen)' with the one given for 'Assimilation' and continue with this for some months while making sure that the diet is rich in raw vegetables and cereals, with cheese at every evening meal.

LOSS OF WEIGHT: In the morning before breakfast, take the 'Egg-Lemon' preparation for three days of the week and the Fenugreek infusion for 'Diabetes' on the other four.

Clay should be taken orally before two meals (half a teaspoonful in a little water each time). After the meal, take the infusion for 'Liver (Deficient)'.

At bedtime, alternate a clay poultice on the liver with cabbage leaves on the abdomen.

LUMBAGO: Apply as many clay poultices as possible to the affected area. Be patient. As with torticolis, a total cure takes nearly three weeks. Fortunately an improvement will be felt from the first few days of treatment.

For further details, see 'Slipped Disc'.

MENOPAUSE: This is not a pathological condition but it can involve inconvenient or unpleasant symptoms; and these can be remedied. Whether the periods are very infrequent or seem almost like haemorrhages, the treatment is the same. A clay poultice applied to the base of the stomach is justified in all cases.

To encourage the arrival of the periods, take the infusion for 'Glandular Problems'.

If they are too profuse, the infusion for 'Bleeding' is appropriate.

MENSES STOPPED: Take clay orally in the morning on an empty stomach and the infusion for 'Glandular Problems' between meals. Apply alternating poultices of clay and Bran-Ivy to the lower abdomen.

Also take two cold hip-baths daily.

MENSES TROUBLESOME OR ABSENT: A clay poultice applied to the base of the stomach each evening is sometimes enough to bring back the periods or make them less painful. Stop the poultices when the blood appears.

When pains occur and there is insufficient bleeding, a bran and ivy-leaf poultice can be used, again placed on the base of the stomach, instead of clay.

Clay taken orally, with a cold hip-bath every morning and the infusion for 'Glandular Problems', will do the rest.

If the periods tend to become haemorrhagic, replace the infusion with the one for 'Bleeding'.

METRITIS: Apply as many clay poultices as possible to the base of the stomach and take a cold hip-bath each morning.

Also in the morning, take clay orally; and during the day, take two or three cups of Box.

If an enema is needed from time to time, use a litre of lukewarm water and four soupspoonfuls of clay powder.

MOLES: See 'Warts and Moles' in Part I.

MYCOSIS: This is usually rather stubborn. Use both clay and Box to find out which works best in the particular case.

When the flesh surrounding the nail is affected, wash it twice daily with essence of lavender.

NEPHRITIS: See 'Kidneys' in Part I.

NERVOUS DEPRESSION: Follow the treatment prescribed for 'Loss of Minerals', adding the infusion for 'Nervous Tension and Insomnia', to be taken each evening at bedtime and a Bran-Ivy poultice applied to the waist.

NEURALGIA: See 'Arthritis and Neuralgia' in Part I.

NEURITIS: See 'Arthritis and Neuralgia'.

OBESITY: As there can be many causes for this condition, it is necessary to make some tests at first. Start by taking a teaspoonful of clay every morning. Before meals, take the infusion given for 'Liver (Swollen)' and take hot lemonade after meals. Apply a clay poultice to the liver each evening.

After the course of taking the first infusion is completed, take the one given for 'Glandular Problems' while continuing the rest of the treatment.

OEDEMA: Obviously the cause must be sought and found. But the symptoms, meanwhile, can be mitigated by local applications of cabbage leaves.

Take clay in the morning, on an empty stomach, and the infusion given for 'Liver (Swollen)' before meals. Put a clay poultice on the liver each evening or alternate it between the liver and the kidneys if the latter need stimulation.

OSTEITIS: As well as the treatment described for 'Loss of Minerals', consider applying clay to the affected area. This should be done every evening, if clay is not being used during the day, or else three or four times in the course of 24 hours. The poultices should be left on for three to four hours, or all night for the evening one.

OTITIS: See 'Ears' in Part I.

OXYURIS: Clay is antiparasitic, as are Box and garlic. Take garlic water in the morning on an empty stomach, box during the day, and clay before one meal.

Clay poultices on the base of the stomach will help to eliminate parasites.

PARALYSES: Their causes and manifestations are many and varied, but an improvement in the condition can always be hoped for. Take clay every morning and the infusion for 'Blood Circulation' during the day.

Apply clay alternately to the liver and lumbar region.

PARASITOSES: See 'Oxyuris'.

PHLEGMON: See 'Swellings and Abscesses'.

POLYARTHRITIS: Treat as 'Arthritis'. See also the section on 'Arthritis and Rheumatism' in Part I.

POLYPS: Poultices of clay, working directly or from some distance (according to the position of the polyps) can contribute to their reabsorption, especially within the context of a holistic treatment of the entire organism.

In addition to these applications of clay, follow the advice given for 'Loss of Minerals'.

PREGNANCY: Although this is obviously not a disease, it is a good idea to apply clay poultices to the base of the stomach, if only from time to time, right up to the last moment. This helps a badly-positioned baby to right itself and present itself in the best position for delivery.

PROLAPSE: Clay poultices help to restore tone to the prolapsed tissues. Some appropriate gymnastic movements can also be useful, as can the advice given for 'Loss of Minerals' which will act favourably on the metabolism.

PROSTATITIS: Clay poultices must be applied alternately to the base of the stomach and the perineum. The more that are applied, the better they work.

If there are urinary difficulties, consult the advice given for 'Colibacillosis'.

PRURITUS: See 'Care of the Skin' (Part I of this book).

PSORIASIS: This condition also responds to the treatment suggested for 'Care of the Skin'. If the desired results are not achieved by these methods, try painting with Oil of Cade (obtainable from the chemist). Leave exposed to the air to dry before covering with a protective cloth.

PYORRHOEA: See 'Mouth' (Part I of this book).

RHEUMATISM: See 'Arthritis'.

RHINITIS: See 'Nose'.

RHINO-PHARYNGITIS: See 'Nose' and 'Throat'.

RICKETS: The same treatment as for 'Loss of Minerals'.

SALPINGITIS: Treat as 'Metritis'.

SCIATICA: See 'Arthritis' and 'Slipped Disc'.

SCOLIOSIS: See 'Spine'.

SCURF: See 'Care of the Skin' in Part I.

SHINGLES: A clay poultice is certainly the only effective remedy, as it soothes the pain, from the third or fourth application, and healing follows.

Applications are even possible for opthalmic shingles.

In all cases, complement the treatment with oral clay, in fusions of Box and lotions of Box.

SINUSITIS: See the section on 'Nose' in Part I.

SLIPPED DISC: Follow the advice given for 'Loss of Minerals' and in the sections on 'Nape of the Neck and Spine' and 'Slipped Disc' in Part I. A great deal of perseverance is needed, as the treatment may spread over several months although substantial improvements can occur fairly quickly.

SORES: See 'Wounds'.

SPASMOPHILIA: Treat as 'Loss of Weight' and 'Loss of Minerals'.

SPINE: When the problem is calcification, scoliosis, cyphosis or lordosis, follow the advice given in the section 'Nape of the Neck and Spine' in Part I of this book.

Where internal treatment is involved, proceed as described above in this chapter for 'Loss of Minerals.'

SPRAINS: If this is feasible, put the affected spot under the cold tap as quickly as possible and hold it there (if it is quite painful) for at least fifteen minutes. Afterwards, start the applications of clay poultices as soon as possible, continuing them day and night.

If freedom of movement is essential, replace the clay with cabbage leaves so that walking will not be impeded.

Treatment must be kept up until there is no pain at all, to prevent any subsequent rheumatism.

STERILITY: Clay poultices on the base of the stomach, as in the treatment of associated problems (see elsewhere in this list), together with sufficient perseverance in following the treatment, opens the way to hope.

STRABISM: See the section on 'Eyes' in Part I.

SWELLING: See 'Swellings and Abscesses' in Part I.

TETANY: Treat as 'Loss of Weight' and 'Loss of Minerals'.

THINNESS: See 'Loss of Weight'.

TONSILITIS AND ADENOID GROWTHS: See the section on 'Throat'. Add two or three cups of decoction of Box daily.

TORTICOLIS: See 'Lumbago'.

TRACHEITIS: See 'Bronchitis'.

TUBERCULOSIS: Treatment as for 'Loss of Minerals' and see 'Lungs' in Part I.

ULCERS (Mouth): Make mouthwashes with decoction of Box and sugar. Use tiny clay poultices.

ULCERS (Stomach and Duodenum): Combine the treatments for 'Loss of Weight' and 'Acidity of the Stomach'. Add the infusion for 'Bleeding' from time to time, as this helps to close internal wounds.

UREA: Take clay orally every morning, and the infusion for 'Liver (Swollen)'. Apply a clay poultice to the liver every evening.

URINARY STONES: You should always start with a good lemon-juice cure, going as far as possible (ten or twelve lemons a day).

If there are painful crises, use the infusion for 'Kidneys and Bladder' and place poultices of bran and ivy leaves on the lower abdomen (the seat of the pain).

After the lemon cure, take clay orally, first thing in the morning for one week in two. During the other week, take the juice of two lemons and one orange.

Each morning, on rising, take a cold hip-bath and at bedtime place a clay poultice on the kidney that is harbouring the stones. Always break off this practice in a crisis. If the crisis is merely feverish, place clay on the lower abdomen; if it is painful, the bran and ivy-leaf poultice is called for.

URITRITIS: Follow the advice given for 'Colibacillosis'.

URTICARIA: Take clay orally every morning, and the infusion for 'Liver (Swollen)'. Apply a clay poultice to the base of the stomach every evening.

VAGINITIS: Use the same treatment as for 'Metritis'.

VARICOSE VEINS: See 'Varicose Veins and Haemorrhoids' in Part I.

VENEREAL DISEASES: Box and Elderberry, taken alternately and in very generous quantities, along with clay taken orally and clay poultices on the base of the stomach, can achieve excellent results.

WARTS: See 'Warts and Moles' in Part I.

WHITLOW: See 'Swellings and Abscesses' in Part I.

WIND: See 'Distension' and 'Colitis'.

WORMS: See 'Oxyuris'.

WOUNDS: See the section on 'Wounds' in the first part of this book. In emergencies, add lotions or compresses of Box, alternating with the applications of clay.

If there are stitches, they will eventually loosen under the influence of the clay; but this generally happens late enough in the treatment not to be unpleasant.

TESTIMONIALS

From the abundant mail we have received, we have extracted letters that are as precise, succinct and informative as possible. Our purpose is not to provide confirmatory evidence for what we have described in this book. There is no need for that. People will soon be able to confirm it for themselves if they have enough confidence in clay to try it. Our aim is to show that such confidence is fully justified and that there is no cause for discouragement, even if one has to wait a while for the desired result or if the part being treated appears to go through rather disconcerting phases, as related in some of the extracts that follow.

BIT OF EVERYTHING

'Our family has been using clay for ten years now — for blows, open wounds, second degree burns on a foot, inflamed ganglions, sinusitis, sore throats, various aches and pains, and even a mycosis under the fingernails which had been afflicting me periodically for twenty years and which suddenly became permanent and purulent. It took five years to eliminate this mycosis completely.

As I was applying clay alternately to my fingers and the base of my stomach, as well as taking it orally, I both cleaned my tongue and improved the state of my intestines.'

(V.L., Dives-Mer, France.)

CURE FOR ALL ILLS

'I am delighted to tell you how clay has become my 'cure for all ills.'

While I was slicing bread, I cut a piece off my index finger. A tampon soaked in lemon stopped the haemorrhage at once; then clay poultices, renewed day and night, restored the finger in eight days. There is not even a scar left.

A friend had an ugly purplish lump hanging underneath her arm. Her doctor was planning to put her in hospital for an operation. Before resorting to this, she tried a treatment of clay poultices, camomile lotions and Box compresses at night.

Four days later, during a train journey, the lump became so itchy that she could hardly bear it. She went to the toilet and discovered that the lump had come away from the skin. In its place was a fine, pink, healthy sore which quickly healed without leaving any scar.

Another friend, after suffering from poisoning caused by prescription drugs, had a sudden attack of facial paralysis one day. She immediately took warm handbaths and footbaths, with a decoction of red vine, and had her spine massaged with a mixture of camphor-oil and garlic. Clay poultices were applied to the base of the stomach and the nape of the neck alternately. The incident was soon over and she was amazed by how quickly she was able to talk and eat as before.

If I burn myself on the iron, or in some other way, I put clay on the burn at once and the pain stops immediately.

Rheumatism, inflammation, period pains, everything that used to worry me is now no longer a problem. This is thanks to clay — and, of course, a healthy and contented life.'

(S.C., St-Julien-en-Genevois.)

ABSCESSES AND ARTHRITIS

'I have experienced the benefits of clay on an arthritic shoulder, an abscess near the ear, and two dental abscesses in succession. It was always successful.'

(M.D., St.Quentin, France.)

ABSCESS ON THE BREAST

'Shortly after my return from maternity hospital, an abscess started on one breast. It was stopped with poultices of clay applied every two hours (between feeds) for five days. As a precaution, I continued the applications for another week, during the night. The abscess has vanished and my baby had no interruption in her feeds.'

(A.L., Colombes, France.)

ACCIDENTS

'My son is adorable but accident-prone. Fortunately I have clay! In November last year, he gashed open his forehead. After a month of clay applications it was completely closed up and healed over. I am still keeping up the poultices to remove the scars of several older accidents.

My daughter and I each had a finger crushed in a door; both were treated with clay. I have also treated an ingrowing toenail. This took several months but the nail was normal afterwards.

In our family, everybody knows what to do when an accident happens. They go straight to the clay.'

(Cl.J., Epinay, France.)

ACNE (ROSACEOUS)

'Having suffered from a severe outbreak of rosaceous acne for six months, I discovered that doctors and dermatologists could do nothing for me. So I turned to natural remedies. I took clay orally and applied poultices of it for two months.

My face was hideous, disfigured by pus and blood oozing from my skin. However, I kept up the treatment. The result was — success! There is now no trace of the acne, and I can at last go out without people turning away as I pass, feeling sorry for me or making fun of me, which had been happening for ten years.'

(G.D., Rethel, France.)

ALLERGY AND SHINGLES

'In writing to renew my subscription, I would like to take this opportunity to tell you how an extremely unpleasant allergy was healed with clay taken orally, for nearly two years, with three-week cures for three months, twice a year.

The allergy consisted of itchiness and pustules on the hands. It came with the menopause, after a course of antibiotics, and had lasted for fourteen years.

I only managed to suppress the symptoms temporarily with medicines such as cortisone cream. With clay, the condition has cleared up completely.

I also used clay poultices to treat my husband's shingles, which therefore caused him no pain and disappeared in a fortnight.'

(Th.G., Neuilly, France.)

AMOEBIC DYSENTERY

'A missionary in Vietnam came back to France for his holidays. As he was suffering from amoebic dysentery, he stopped in Paris to consult a specialist. He waited a week for an appointment, then had to go through all the usual analyses — blood, urine, etc. Three weeks passed and the sick man had still received no answer. He went back to the doctor and explained that his holiday was short, that he wanted to spend a few days with his family, and that he would like to know as soon as possible what he should do to cure his condition, as the medicines he had taken

hitherto were ineffectual. The doctor replied, 'Carry on with them, we've nothing better!' The sick man returned to his family and went to see a friend with whom he discussed his health. The friend told him to drink clay, and sent him a parcel of it. A week later, the missionary went to thank his friend enthusiastically; the dysentery had gone, and his only regret was having wasted three weeks of good holiday time waiting for the specialist's answer.'

(Abbe V., Annecy, France.)

ANGIOMA

'Fifteen years after two surgical operations to remove an angioma on the lip, another appeared at the tip of a finger, near the nail.

At first I hardly paid any attention to it. I thought it was accidental. But I soon noticed that it wasn't healing and that the bleeding was becoming more profuse. Careful examination showed me that it was a growth formed from exposed blood vessels — in short, another angioma.

I then started a clay treatment. At first this seemed to make the swelling larger, but stopped the bleeding.

In the end, the angioma disappeared completely. I found the whole mass of it embedded in the clay of a poultice.'

(J.Le M., Champigny, France.)

ANTHRAX

'I am writing to let you know that I healed myself of an anthrax on the neck, in two months, with no pain at all. I used clay, clay-salt, and cabbage in succession (every two hours at first, then less, then only at night) and I drank a litre a day, at most, of box or elderberry on alternate days.'

(M. N., Le Havre, France.)

ARTHROSIS

'I tried natural treatment when suffering from arthrosis of the hip a year ago. I now feel that I am completely cured. I applied clay to the hip every evening, then took clay or egg-lemon in the morning and a hepatic infusion at other times.

The report of an X-ray that I have just had reads as follows: "No modifications to the articular surfaces of the hips. The articular links are normal. No visible sign of degeneration." The radiologist wondered why such a healthy person had bothered to have an X-ray!'

(J.C., Bobigny, France.)

ARTHROSIS

'A very painful inflammation of the tissues in my ankle and foot had made it impossible for me to walk. "Arthrositic crisis" was the doctor's diagnosis. I took no medicines but used only clay.

Every evening, one poultice relieved the pain while another, which I kept on all night, reduced the swelling in the ankle. I was able to start walking around the house.

I persevered with applications of clay for two months and noticed an improvement every day. My ankle has now become normal and there is no question of any arthrosis.'

(J.J. Montrouge, France.)

ARTHROSIS AND SCIATICA

Clay helped me a lot with my arthrosis and sciatica. My leg is stronger and I can walk better and drive a little every day.

In one year I have used more than 250 kilos.'

(M.P., Vanves, France.)

ARTHROSIS OF THE HIP

'I have great faith in clay. It cured me of arthrosis of the hip.'

(M.L., Marseille, France.)

BARTHOLIN CYST

'Clay got rid of a Bartholin cyst for me, a worrying little lump which capitulated after repeated poultices.'

(M.-D.H., Montigny-en-Gohelle.)

BARTHOLINITIS

When a growth appeared in my vagina, I consulted a doctor who diagnosed Bartholinitis and recommended an operation. I was reluctant to agree to this but he assured me that the condition would soon become unbearable and that I had better make up my mind quickly.

I went home and immediately applied a poultice of clay and unground salt. I continued these until the second day, when the doctor's predictions came true; I could no longer walk. I applied large clay poultices, but the next day my husband called the doctor who, seeing that I was opposed to the operation, gave me 48 hours to think about it.

Meanwhile, the clay had its effect. I suddenly felt much better and the pain stopped completely. To my amazement, I saw that the cyst had disappeared in one fell swoop. When the doctor called again, he was absolutely astonished.'

(V.E., Montlucon, France.)

BEDSORES

'Alitea, one of our cousins, aged 93, suffered from bedsores. Clay was applied direct to the sores and after the fourth application, she was suffering no longer.'

(E.B., Luzech, France.)

BEDWETTING

'My 12-year-old son had problems with bedwetting. I used the treatment described in your book (clay poultices on the base of the stomach) and the problem cleared up in a week, although I had been having him treated medically for years with no result.'

(Th.D., Champvans, France.)

BONY GROWTH AND SPRAIN

'I am a faithful user of clay and have lost count of the pains relieved by its application. Among other things, I have treated a bony growth in the heel (detected by X-ray). Instead of the ten sessions of radiation treatment predicted, I applied a clay poultice every night for a month. All the pain stopped — and this since 1964!

A sprain was treated in the same way. A week was enough for my ankle to go back to being slender and — strong!'

(P.P., Cabourg, France.)

BREAST OBSTRUCTED

'While I was feeding my second child, the milk did not flow easily in one breast and the baby refused that breast. After three or four days I had a fever and the milk-ducts were blocked. The breast was very painful.

I applied clay poultices to the breast at once, renewing them every hour. Twenty-four hours later my temperature dropped and I had hardly any more pains in the chest.

I went on with the applications, spacing them gradually further apart, and was therefore able to feed my baby.'

(C.L., Iberville, Canada.)

BUNION

'I treated a bunion, which was very inflamed and very painful, by applying clay poultices every night. I am no longer in pain and walking is easy now.'

(J.B., Meounes, France.)

BURN

'My finger was rather seriously burned. Thanks to clay, it healed dramatically in only a week. My friends were amazed.'

(S.A.C., S.P., France.)

BURN

'While we were moving house, my daughter was seriously burned on the foot with a pan of boiling water.

Although we do not usually wear underclothes made from artificial fibres, my daughter had just been given a pair of acrylic tights and was wearing them for the first time. This unfortunately made the burn worse.

Three quarters of the foot, including the toes, was a horrible-looking mass of burnt flesh.

As we always have clay ready for emergencies, we plunged her foot into it at once and then applied poultices.

For the first four days it was very painful and we changed the poultices almost every half-hour, day and night.

Those among our friends who had seen the injury all urged us to take our daughter to hospital because of the risk of infection; and it is true that at one point the wound was giving off such a smell that we began to be afraid.

However, we kept going; and it was all healed in four weeks, without even a scar.'

(V.W., Abbaretz, France.)

BURN AND — EMOTIONS!

'Our daughter Sandrine went rushing through the house, knocked me over and unfortunately got a saucepan of boiling water tipped over her arm. The pain was so great that she screamed continuously.

I pulled her blouse off at once; some strips of skin came with it. The arm was dreadfully burned, from the shoulder to the wrist, and so was part of her chest.

I panicked completely and was about to take her to hospital. I had no clay prepared in advance, and although I had already used clay for small burns, successfully too, this one was so large that I was desperately afraid. I called my friend and neighbour, a harmonist, like us, of about fifteen years' experience, and asked her advice. A mother

of six children, she had had exactly the same accident with one of her own daughters and had treated it with clay. So I prepared a clay poultice at once. This relieved the pain somewhat. I renewed the poultice half an hour later, as it was burning hot. The pain then subsided completely. I was able to go to work, leaving Sandrine in the good hands of my friend, who renewed the poultices every two hours. During the night I changed it once, because she woke up.

The next morning she went back to school, with a poultice at 7.30 a.m., before she left, another at 12.30 and a third at 5.30 p.m. The last one was applied at 9.30 p.m. (Being left-handed, she was able to continue with her studies and her work, although she could not use her right arm as it was wrapped in 3 centimetres of clay and bandaged from top to bottom.)

The following morning, the arm was a horrible sight; lumps as big as thumbs, huge flaps of skin that came away with the poultice, raw patches that were bleeding, and all slightly suppurating. I was really in a state; my husband was very sceptical and wondered whether we should call the doctor.

Fortunately our friend was there! She looked at the 'disaster area' and told me to go on applying clay and that everything would sort itself out, as it had with her daughter. So I went on, although I was still worried, applying four poultices a day and leaving the evening one all night.

On the evening of the fourth day, there was already an obvious improvement. The suppuration had almost stopped. I went on applying the poultices four times a day for a week. Every morning there was a new surprise; the lumps disappeared, the last flakes of dead skin fell away, the open sores closed and the skin began to grow again.

After a fortnight the skin was completely restored and whole, without a single scar. It just looked bright pink.

During the third week I applied only one poultice in the morning, to last the whole day, and one in the evening for the night. After that I only applied one at night. The pink area gradually shrank and the skin regained its normal colour.

I tried the ointment of clay and olive oil twice, but Sandrine preferred to carry on with the poultices.

So here is another of clay's successes. We have learned two lessons from this experience:

1) Sandrine gets up earlier and does not rush through the house.

2) I always have clay ready for use in any eventuality. I think the healing would have been faster if I had been able to apply clay to the burn within seconds after it happened.

(E.A., Corbreuse, France.)

BURNS

'My burns were treated with three clay poultices daily, two applied in the daytime and one at night. They healed in eight days, leaving only a light amber mark, although at first they had looked dreadful.'

(N.F., Bois-Colombe, France.)

BURNS AND SUNBURN

'I do not remember, now, how my interest in clay arose or why I bought The Healing Power of Clay several years ago.

I have been able to verify its efficacy both in external use — for burns, sunburn, blisters on the feet, pains in the spine, varicose veins and a dog's infected sore — and in internal use, where it caused a dramatic improvement to my intestinal functions.

I am so amazed by its extraordinary properties that I talk about it to everyone I meet and encourage them to read your book.'

(S.V., Clermont-Ferrand, France.)

BURNS CAUSED BY ELECTRICITY

'A few lines to tell you about the healing of an electric burn, on the leg, with three deep wounds.

I began by using net coated in grease for a few days. Applying this was extremely painful. Next I used a homoeopathic ointment, without much result. It still hurt a lot.

It was then that I began applying clay direct to the wounds. The pain was relieved from the first applications. To start with, I applied a poultice every hour. It became burning hot. Then, progressively as the wounds closed, which took a long time, a little over three months, I spaced out the poultices at longer intervals before stopping them completely.

As a piece of information, I needed 15 kilos of broken green clay.

There are now no ridges of scar tissue and the flesh is smooth. Only three purple marks remain.'

(L-N. G., Merignac, France.)

CALLOUS ON FROSTBITE

'I had the big toe of my left foot frozen during the War. Suddenly, years later, a painful lump appeared at the base of this toe. It looked a bit like a very hard corn. Ointments, compresses and various other treatments did nothing for it.

I then used applications of clay, directly on the lump, also putting some clay powder in my sock. In ten days the whole thing disappeared and eight months later, nothing more has been seen of it.'

(R.B., Saint-Sernin, France.)

CALLOUSES

'I have observed with satisfaction that applications of clay, every evening, improve the state of the soles of the feet, especially when there are callouses — as there were in

my case, so that I was obliged to visit the chiropodist regularly.'

(M.K., St.Mande, France.)

CANCER

My father was suffering from an advanced cancer of the throat and tongue. I complemented the medical treatment with clay poultices.

This continued for two years and my father is now doing well.

(J.H., Horbourg-Wihr, France.)

CATARACT

My aunt, aged 82, was waiting for her cataract to 'ripen' so that it could be operated upon. She tells me that it has not troubled her for a year since clay was applied. The improvement was witnessed by her oculist, who supervised it.

(E.A., Thassalonika, Greece.)

CATARACT AND PROSTATE

As adepts in the use of clay, we have achieved very good results, my wife for a cataract and myself for the prostate gland.

(P.B., Evreux, France.)

CEMENT-ITCH

'While building a local youth club, I was often in contact with cement. I received a blow on the head, which was followed by an agonizing pain and lacerations of the scalp, then a sort of impetigo related to 'cement-itch.'

I thought of clay. After the application of only three poultices, everything returned to normal.'

(R.D., Rosny-sous-Bois, France.)

CHALAZION

'One cure to add to so many others — the disappearance of a chalazion located in the middle of the upper eyelid. It slid very gently towards the corner of the eye and vanished after six months of clay poultices applied at night.

I am very glad I did not undergo the small operation suggested. Clay worked yet again; but one needs patience.'

(D.D., Bois-Colombes, France.)

COLITIS AND LARYNGITIS

'I began to make use of clay eleven years ago. The first time was when I had a serious inflammation spreading from the rectum to the oesophagus. An operation was planned but was luckily avoided.

If I am slightly nervous, a clay poultice on the nape of the neck helps me to get to sleep.

After an attack of laryngitis for which I was prescribed several medicines, including two antibiotics, I put on clay poultices for several days and recovered completely.'

(A.G., Montbard, France.)

COLITIS AND MIGRAINE

'While suffering from chronic colitis, I started taking clay and increasing the amount of raw food in my diet by eating fruit half an hour before meals. As I can now go to the lavatory with no problem, I was able to throw away all the medicines I had been taking for 20 years.

During that period I always used to wake up with a headache. Aspirin helped. Eventually I tried clay. That was revolutionary. Not only did it relieve the pain, but I have fewer and fewer headaches.'

(J.M., Poitiers, France.)

COLLARBONE DISLOCATED

'Our son dislocated his collarbone when he fell off his bicycle. I applied clay every evening for three months, leaving the poultices in place all night. The result was positive and the collarbone gradually returned to its normal setting.

I must add that I was sceptical about dislocated bones going back into place!

(C.C., Garches, France.)

CONJUNCTIVITIS AND SORES

'With clay, I cured a stubborn case of conjunctivitis as well as a very deep sore, on the face, which healed without trace in five days.'

(M.-A.M., Blagnac, France.)

CONSTIPATION

'It was only by using clay that I was able to cure my wife of the constipation from which she had been suffering since her youth (she is now 65).'

(E.A., Thessalonika, Greece.)

CORNEA INJURED

'Our daughter Dorine had the cornea of one eye badly injured by a piece of wood. We applied clay day and night for a week.

The eye is completely healed and now, several months later, there is not a mark left.'

(C.P., Certilleux, France.)

COXARTHROSIS

'Thanks to clay I was able to see things from a different perspective and avoid the hip operation planned for me by the rheumatologist. The first warning signs came when I was 37. The doctors could not understand why I had suffered an attack of this arthrosis while still so young;

but they did not suggest any treatment. All I could do was wait, while the disease took on larger proportions and reached the stage where surgery was necessary.

It was then that I discovered clay and natural remedies, and began to use them. I applied clay poultices every night.

Thirty months later, as I had not felt any pain for a long time, I asked for another X-ray. The result was such that the doctors, instead of being interested in what I had done, began to doubt the validity of the previous X-rays and medical examinations!'

(J.P., Clichy, France.)

COXARTHROSIS

'After suffering with a painful leg for three years, I consulted several doctors, the last of whom diagnosed coxarthrosis of the right hip and assured me that I would become an invalid.

For six months I applied clay every evening. The result was marvellous. The pains had become agonizing but now I do not limp and feel no pain at all.'

(A.P., Vidauban, France.)

COXARTHROSIS

'After having an attack of arthrosis in the hip, with sharp pains, I was completely cured with poultices of clay.'

(L.L., Tours, France.)

CRISIS OF PAIN

'Having had fairly bad stomach ache, and a much worse pain in the back, so that I could not get out of bed, I sent for the doctor as I was not able to carry on working. The diagnosis was not very precise; the doctor thought it might be jaundice, or it might be a twisted intestine. He planned to send me into hospital at once for an examination.

I asked him to wait until the next day and began applications of clay immediately, continuing them all night.

Next morning, the doctor was astonished to see me sitting up in bed, smiling and in no pain at all, as he had left me trapped in bed by the pain.'

(O.C., Vaux-sur-Seine, France.)

CUT

'I must let you know what happened to me during the holidays last summer.

While I was doing the washing up, I cut myself quite badly on a glass that cracked in the hot water. It was on the back of the index finger, between the fold of the finger and the top of the hand, a cut about three centimetres long and fairly deep.

I plunged my hand immediately into salted water (sea) and followed this with poultice after poultice (clay), cleaning it with salted water.

I did not know what to expect as this was the first time I had made the experiment. I managed to do it despite my family, who kept pressurizing me to go to hospital and have the wound stitched up.

After three weeks, apart from a slight sensitivity, there is nothing left of it.'

(P.L., St-Pol-sur-Mer, France.)

CYST

'I have great pleasure in telling you that my son's cyst disappeared completely after three months of clay applications.'

(G.L., Dieppe, France.)

CYST

'I have a lot of faith in clay. Three years ago, I had a cyst on the sole of my foot. Two surgeons whom I consulted advised an operation. After three months of clay applications, the cyst disappeared completely.'

(J.K., Frejus, France.)

CYST AND FRACTURE

'A young neighbour (15 years old) had an operation for a cyst on the knee, then broke her leg in the same place. While still very fragile, and even threatened with an recurrence of the problem, she applied clay every evening for two months.

She had another X-ray and a visit to the surgeon. There was no trace of the cyst; the fracture had mended; everything was back to normal.

The surgeon did not understand how this could have happened, but the whole family became interested in natural remedies.'

(G.D., Maromme, France.)

CYST ON THE SCALP

'My husband had a growth on his head. We applied clay every evening for almost a year. The cyst eventually disappeared little by little.'

(R.P., Paris, France.)

CYSTITIS AND COLIBACILLOSIS

'Using the harmonist method for a chronic cystitis of eight years' duration, with colibaccilosis, I achieved an excellent result with clay applications and a lemon cure.'

(G.C., Troinex-Geneva, Switzerland.)

DECALCIFICATION AND ARTHROSIS

'A friend lent me your book The Healing Power of Clay. I did an experiment on a knee which was afflicted, at the time, with decalcification and arthrosis. Although I am 78, my articulation is now free, which is fortunate as I have only this leg, the other having been amputated after an accident when I was very young.'

(P.M., Champagney, France.)

DENTAL PROBLEMS

'Being subject to a number of weaknesses in the dental area (soft gums, teeth rotting at the root, arthritis) I tried the whole gamut of natural remedies — cloves for toothache, figs cooked in milk for abscesses and clay on the cheek for arthritis.

If one has to go out to work, clay used externally tends to give one a somewhat alarming appearance — the eye drawn down a little and the cheek puffed out.

There is, however, a very effective way of using clay. Make a paste of clay and water in a small receptacle and apply it very, very frequently to the tooth and along the painful gum. It is really soothing, no matter what the cause of the pain. One can carry this remedy about with one, or leave it beside the bed in case of intense pain which might go on all night.

Do not hesitate to apply a large quantity if there is an infection; the clay will localize it and draw it out.

Rinsing the mouth with highly salted water (sea salt) complements this treatment well.'

(E.L., Xaintrailles, France.)

DENTAL PROBLEMS

'Clay certainly has wonderful virtues and marvellous powers. I have tried it on plants and on myself. When tooth decay was giving me terrible pain, as well as causing unbearable headaches, I thought of clay. I had read the book, but had not yet had an occasion to test it. I applied clay directly to the infected part, between the infected gum and the inside of the cheek. I also put some on my forehead.

In two days, the toothache and the headache had vanished. Since then I have experienced the virtues of clay in many other situations.'

(P.V.T.H., Chalou, France.)

DERMATOSIS

At the base of my neck, on the right, an eruption which looked like pityriasis broke out. Everything was tried — oxygenated water, various ointments — with no result at all. I tried clay poultices. The anomaly quickly disappeared and there has been no sign of it for a year.'

(R.B., Saint-Sernin, France.)

DIGESTION

'For some time I was unable to eat in the evenings; the food sat heavily on my stomach and I woke up every night. I have now been taking clay for two months and my digestion has improved considerably.'

(E.G., Dijon, France.)

DISC

'I have had your book for nearly a year. During that time it has helped me greatly, starting with relief of constant back pains (from a worn disc) that I had endured for years and that disappeared completely after applications of clay poultices for about six months.'

(A.-M. C.-L., Ruille-sur-Loir, France.)

DISCAL HERNIA

'We tried treating a discal hernia with clay.

We had to keep up daily applications for six months, but there was a complete cure.'

(G.D -B., Brussels, Belgium.)

DISCAL HERNIA AND SCIATICA

'My sciatica was so painful that I could scarcely get up. I consulted an acupuncturist and two osteopaths who thought that an operation would be necessary.

I then decided to apply clay to the lumbar region, two poultices daily, and one every night. I also took cold hip

baths, a lemon cure, oral clay and a recalcifying infusion. I did this rigorously for two months.

In the third month I was convalescing. After that, my condition became completely normal; I kept up the treatment, but at an easier pace, to consolidate the cure.'

(E.J., Paris, France.)

DISLOCATION AND FIBROIDS

'I have great faith in clay and vegetarianism. I was born with a congenital dislocation of the hip and suffered a great deal until 1962, when I began to treat myself by the harmonist method.

I am now well. I also cured myself of a fibroid and, by using the infusions suggested for this, I put a stop to internal bleeding haemorrhoids.'

(O.B., Savigny-sur-Orge, France.)

DISPLACED VERTEBRAE

'I no longer need to keep going to the doctor to have my cervical vertebrae put back into place. With clay, they stay where they are and I can easily turn my head to left and right.'

(M.B., Bron, France.)

ECZEMA AND ASTHMA

(Extract from a letter written by the sister of a sick woman): 'You asked me how my sister is getting on. I can tell you that my sister, who was in a state of despair from being in so much pain without any doctor being able to help her, is now completely cured.

The eczema which covered her hands and trachial arteries, the asthma which kept her awake all night, all the discomforts resulting from that all have vanished.

As you know, she works all week and Saturday is her busiest day. Well, she even told me that on Saturday night she did not feel at all tired, whereas before she started

taking clay, she was already tired on Monday morning! Her strict rule is that she never lets a day go by without taking clay. (She also follows a diet that is almost vegetarian and drinks purifying infusions.) My mother lives with my sister and was very worried after a whole year of tests and analyses with no result; she now tells us that she is the happiest woman in the world.'

(Sent by Abbe V., Annecy, France.)

ERUPTION

'My left leg was itching, just above the ankle. It was annoying, but I didn't think about it much as I had never had anything wrong with my legs — not until a nice red plaque formed there, with a little crust.

I studied the articles on venous problems and followed their instructions to the letter. First of all, clay-water and olive oil, then a series of cabbage leaves. The plaques got redder and redder.

Next, painting the spot with clay, thicker each time, until nothing nasty was happening. In a month the plaques shrank and faded. Although still slightly pink, the skin was not so thin and was peacefully growing again. I went on using fairly thick clay and achieved a complete cure.'

(J.K., Paudex, Switzerland.)

EXCRESCENCE

'When my daughter was two months old, I healed a pimple-like excrescence that had grown on her navel, thanks to applications of cabbage leaves for one week and clay for the next three weeks. It has vanished without trace.'

(C.P., Mont-les-Neufchateau, France.)

EXCRESCENCE

'Once again I offer homage to clay, for having rid me of a fleshy growth in the anus which was a great nuisance to me.'

(Dr. M.P., Nogent-sur-Marne, France.)

EYE INFECTION

'A three-month old baby had an infection of the eye. The antibiotic cream had been changed six times, with no effect.

One weekend the mother cleaned the eye (using cotton wool on the eyelids) with clay-water. On Monday, the grandmother, who knew nothing about this, noticed an improvement.

After a week of this treatment the baby was perfectly well.'

(R.B., Paris, France.)

FALL

'A fall broke one rib and gave me a severe blow on the breast.

By way of treatment, I applied three clay poultices each day for three weeks.

The pain quickly vanished, and there is no trace of "blueness".

I also drank clay for three weeks.'

(G.E., Roanne, France.)

FIBROMA

'In December 1978, I visited a gynaecologist who told me that I had a fibroma and advised me to take 'the pill'. I did not do it. Instead I applied two clay poultices daily. I also took clay orally.

A good two months later, I went back to the doctor and once again had various tests. It was not without surprise that the doctor discovered no trace of anything whatsoever!'

(I.K., Brussels, Belgium.)

FIBROMA

'Around 1961 or 1962, my mother started treating herself with clay for a fibroma. In this way she got rid of it without an operation.

Since then, our family has used clay for many other things and we have always had worthwhile results.'

(M.D., Epiney-sous-Senart, France.)

FIBROUS POLYP

'Someone I know, after six months of repeated haemorrhaging, had to have an operation for the removal of a fibrous polyp as big as an orange.

About three weeks before, she started applying clay poultices to the base of the stomach. When the time came her stomach was not opened; the polyp had gone down into her uterus and could be pulled out like a child.'

(O.P., Pernes-en-Artois, France.)

FINGER CRUSHED

'A friend crushed her finger in a door, but unfortunately did not think of clay until the next morning, having spent a sleepless night.

After she had applied clay poultices for 48 hours, the pain ceased. As soon as it began to return, renewing the poultice relieved it.

After several days her daughter, a nurse, seeing the finger black and swollen, advised her to go and have it lanced in a clinic, expecting that they would administer antibiotics too.

Our friend preferred to carry on with clay. Her nail fell off, but soon afterwards the finger reassumed a normal appearance and the nail grew again.

Apparently all her friends were amazed!'

(M.D., Antony, France.)

FINGER CRUSHED

'We have been able to verify the efficacy of clay poultices for ourselves on several occasions — burns, fevers, mumps (our son Philip, four and a half years old). Philip recently

caught his little finger in a door. The finger was covered in blood, the tip crushed and the nail torn off. It was not a pleasant sight. As soon as we were home, we applied clay poultices one after the other, even during the night, alternating these with baths of Box decoction.

After a week of this treatment, there was already a marked improvement, which allowed us to space the clay poultices further apart with an onion skin, held in place by a light dressing, applied during the intervals.

Two months after the accident, the flesh was completely renewed and the nail had grown again, all this with neither side-effects nor scars, and with no other form of treatment used, to the astonishment of all observers.'

(A.T., Quimper, France.)

FINGER CUT

'Three months ago, I cut the upper phalange of my index finger in half. Skin, nail, flesh, all stayed in the metal joint of the camp-bed which had collapsed the moment I lay down. I made a tight dressing to stop the haemorrhage and, after half an hour, began dressings of clay which I renewed every two and a half hours, during the whole of the night; this greatly relieved the pain.

The next morning, yielding to the insistence of the relative with whom I was staying, far from home, I saw a surgeon who made me a dressing with 'biogaz' and left me with no hope that the tip of my finger could be restored. I simply had to wait for a fortnight or three weeks for the stump to heal over.

On my return to Paris a week later, I resumed the clay dressings, complementing them with baths of Box decoction. I had the patience to do it, without fail, every three hours, from 8 in the morning until 11 at night, for five weeks. To prevent the clay from drying during the night, I applied it on a cabbage leaf.

I had the enormous satisfaction of seeing my fingertip recreate itself. Even the nail grew again.'

(G.B.M., Paris, France.)

FISTULA

'My son was suffering from a fistula and there was talk of an operation. But as he was willing to accept the treatment I advised (clay poultices, hip baths, dabbing with essence of lavender), the fistula was reabsorbed and he was able to set off on his holidays, cured.'

(G.M., Paris, France.)

FISTULA AND SURGICAL THREAD

'After ablation of the saphenous vein (from the groin to the foot), my sister had a growth on the groin. The surgeon was consulted and explained to her that her organism had not accepted the thread used for the stitches and that it would be necessary to operate again in order to remove them.

She waited three months, uncertain whether to have a second operation as the first one had scarcely proved worthwhile.

A fistula had formed and pus flowed profusely. I advised clay poultices on the fistula. After two weeks, black blood came out mixed with pus and a little ball of thread.

That was the end of her troubles.'

(G.M., Sumene, France.)

FLESH SHATTERED

When some workmen came to our house, an apprentice banged himself sharply on the thumb with a large hammer, shattering the flesh in the angle of the nail.

I immediately poured cold water over the thumb, then put on clay powder, several times in succession, so that a crust formed. The apprentice was astonished to see that the bleeding stopped and that he had no more pain.

While travelling, I was caught in a door and had my side crushed in a similar fashion. I managed to get hold of some clay powder and held it in place with disposable handkerchiefs.

At once the bleeding stopped and the pain came to a halt.

I have noticed several times that clay powder, placed directly on a wound, stops the pain.

(A.-M.B., Buxerolles, France.)

FRACTURE

'Having fallen downstairs, I had a broken tibia and fibula.

Clay was a great help to me and everything cleared up well. At 69, I walk a lot without any pain.'

(J.F., Orleans, France.)

FRACTURE

'A very painful broken wrist was treated solely with clay poultices. From the first applications, the pain was eased, then disappeared completely.

The wrist set quickly, with no aftereffects. The applications of clay were made twice daily at first, then gradually spaced further apart.'

(J.J., Montrouge, France.)

FRACTURE OF THE FOOT

'I made a conclusive experiment with clay, having broken my foot (the 5th metatarsal bone) while camping. As I wanted to soak my foot in the sea, the surgeon simply put on an adhesive bandage.

Soon afterwards I began to apply clay at the rate of two poultices every 24 hours.

Not only was I walking normally after four weeks but also I never felt any pain, not even on the first day, from the moment when I put on the first poultice, although five minutes earlier I was tortured by the pain.'

(G.T., Le Plessis-Robinson, France.)

FRACTURES

'We met a young doctor from the Upper Volta. He talked to us about the customs of his country. He described to us, among other things, how he had seen people taken to hospital, suffering from fractures, who had been X-rayed and then had refused treatment, preferring to see the village sorcerer who would put "some earth" on their fractures with ritual words and gestures. Then he added, "What's more, I have seen the X-rays, both before and after. The fracture was visible and the cure undeniable. I don't understand it." I then asked him, "This earth, isn't it clay?" "Yes, basically," he replied. I then lent him the book The Healing Power of Clay. He was amazed and astonished to discover that in France, people like yourselves are involved with natural methods which are so effective but which could certainly be classified as primitive.'

(E.A., Corbreuse, France.)

GANGRENE

'During an accident at work in 1977, an iron bar fell on my father's Achilles tendon. Arteritis followed, then gangrene of the little toe.

Doctors saw no solution but to amputate the leg at the knee. My father refused and started applications of clay, following the advice in the book The Healing Power of Clay.

The poultices were changed every hour (even during the night) and sometimes more often, as the clay rapidly turned blackish.

This went on for five months and involved a great deal of pain. Afterwards, however, my father could walk again and the diseased toe had fallen off by itself, without any other treatment being used.

Three years later, the treatment for maintenance and consolidation is still being followed.'

(M.Ch., La Gaudraie, France.)

GASTRITIS

'In a fortnight, using green clay taken orally, I cured a gastritis that had persisted for two and a half months and that the prescribed medicines had not been able to cure.'

(M.O., Le Sourn, France.)

GOUT AND DECALCIFICATION

'Although medicines had not succeeded in curing me of gout, I got rid of it in five days with clay poultices. A curious thing was that when poultices on the toes appeared not to be working, I put the poultices on the ankle and achieved a better result.

Now, several years later, I have used clay poultices to heal myself of a decalcified knee in two months, during one of which I kept the leg straight and immobilized.'

(R.B., Maubert-Fontaine, France.)

GREASY CYST

'It was your book that put me on to clay. I healed myself of a greasy cyst on the forehead, the size of a pigeon's egg, which disappeared after a fortnight of treatment, although the doctors had advised me to have an operation.'

(G.W., Monchengladbach, Germany.)

HAEMATOMA

'I fell while getting out of a train. The result was a bump on the skull and a large haematoma on the right thigh.

With clay and compresses of Box, the pain in my head soon went and the haematoma was reabsorbed in a few days.

I was amazed.'

(G.P., Sainteny, France.)

HAEMORRHAGE OF THE RETINA

'My mother, who is 70 and diabetic, had a haemorrhage of the retina. I applied cabbage leaves first, then gradually started to use clay poultices. The haemorrhage was completely reabsorbed and her sight became almost as keen as before.'

(J.D., St.Desirai, France.)

HAEMORRHOIDS

'I wrote to you about my haemorrhoids, which were giving me a lot of pain, and you sent me two numbers of the magazine dealing with this subject.

I applied clay poultices locally and this relieved the pain at once. I had suffered so much for over a month but now that is all over.

I still get little outbreaks now and again, lasting two or three hours, but this happens rarely and soon stop when I apply a clay poultice.

I have been able to avoid the treatment that was being planned for me although the doctor left me with no hope, assuring me that I would not be able to pull through without an operation.'

(J.M., Villars, France.)

HEALING REACTION

'After a sprain, I decided to undertake a clay treatment. When I removed the poultice, there was a large lump on my ankle. Later I experienced a sensation of something flowing from my waist to the groin. My leg felt very heavy.

I went on applying clay and a whole string of lumps appeared, all round my ankle and right up to the knee, discharging a yellowish liquid.

During the course of the discharge, my wrist and abdomen became less swollen and I experienced a sensation of great well-being. Afterwards my skin peeled for two months, then it was all over.'

(Y.S., Dun-sur-Auron, France.)

HEART TREATMENT

I bought your book on the advice of a friend who used to suffer from a serious heart complaint and who changed in a single year from feeling like a wet rag to a state of radiant vitality which amazed his friends.

(F.M., Nimes, France.)

HERNIA

'My ten-year-old son had had a hernia since his first year. I managed to make it disappear in two months with clay poultices applied locally every evening.'

(S.P., Quincampole, France.)

HERNIA

'I was suffering from a hernia in the groin and lost several kilos in weight during the course of 1976, when it was very hot. At that time I could not consider a surgical operation, for various reasons; on the other hand I had some spinal problems which made it unbearable to wear a truss.

I made do with applying clay poultices for two months; then, progressing gradually, I used the little wad designed for the truss that I could not wear, holding it in place with a flexible bandage that did not interfere with my clothing or my movements.

Over four years later, there seemed to be no need to contain the hernia any longer.

It will certainly be of interest to other people to know that, at an advanced age, if one does not lift anything heavy or do any strenuous exercise, one can avoid an operation.'

(R.de G., Paris, France.)

HERNIA, EXCRESCENCE, MYCOSIS

'After a year of respite, I can report the complete disappearance of a hernia in the left groin. It was not very large; I treated it for fifteen months with nightly applications of small clay poultices, cold and not too soft, covered in gauze and held in place with a bandage whose pressure I could adjust. During the day I used an elastic bandage.

The next thing was a small excrescence which I had for several months on the front of my leg, between the skin and the tibia (perhaps in the connective tissue?). It was the size of a large grain of wheat and rolled under the finger. I made it disappear in a month and a half, without leaving any trace, by using small poultices left on for eight hours every day. From the time I started applying these, I could see it disappearing day by day.

The last thing was a mycosis which I had for years in the palm of my left hand, with cracks that bled sometimes — it nearly drove me to despair. I decided to apply the clay/olive-oil paste, fairly thick. There was a complete cure in three months.'

(J.P., Chalette-sur-Loing, France.)

HIATAL HERNIA

'I was suffering from a hernia of the stomach when I started clay treatment (taking clay orally and using local poultices).

A year later, I am completely cured!'

(B.B., La Giettaz, France.)

HOUSEMAID'S KNEE

'Aged 28 and 26 years respectively, and vegetarians for three years, we treat ourselves with plants and clay. I particularly needed to use this for housemaid's knee, constantly renewing the poultices.

A slight infection, which brought ganglions in its wake, receded and disappeared after a few drops of lavender essence were taken every morning on an empty stomach.

The condition was fairly painful, but thanks to clay, which relieved me greatly, I was soon able to walk normally again.'

(M.C., Couderkerque, France.)

HOUSEMAID'S KNEE

'During the course of the year we have twice been able to appreciate the benefits of clay. The first time was when my husband was suffering from housemaid's knee, which was well reabsorbed after clay poultices alternated with cabbage leaves. In a fortnight, his fall was nothing but a bad memory.

The other time was when a log fell on my big toe. Clay poultices were applied in succession for a week. The nail dropped off, a new one soon appeared and order was restored.

In both cases the pain disappeared almost at once with clay poultices.'

(M.D., Le Bidoire, France.)

IN THE ARMY

'Personally, I no longer have any doubt that clay is a universal miracle cure. I am hardly ever ill, but I had a severe attack of influenza. I was doing my military service at the time and could not go to the chemist whenever I wanted! nor did I want to go to the infirmary. As a result I had a violent headache, blocked nose, watery eyes and a painful back. In despair, when I went to bed that evening, I took out a travelling tube of clay that I always carry with me, and made myself a poultice for my forehead. In the morning my headache was gone. My eyes were still red and my back still hurt. But by evening, everything was all right!

During the next few days I went through a lot of handker chiefs, as my nose, previously blocked, was now running freely.

On another occasion, after I fell off my motorcycle, my left knee was covered in blood. I had a deep cut at least three centimetres into the skin, just on the kneecap. In the face of my family's recriminations (this was before military service) I washed the wound in cool (unpolluted) water and applied a clay poultice, which I renewed twice. I avoided walking on the injured leg. There was no suppuration, no infection. Five days after my fall, the wound was healed. I only had a little twinge in my leg a few days later.

Here is another one. After a cross-country run, I had a stabbing pain in the right leg, which gradually localized itself in my knee. I could hardly walk. I was also in pain sitting down! and when I lay down, no matter what position I put my leg in, it hurt — like housemaid's knee! As I still did not want to go to the army doctor, I spread out a good layer of clay from the tube, added twelve drops of pine essence, and applied it to the knee. I must admit that this time I didn't believe it would work because the pain was so great. In spite of the pain, I managed to sleep. When I woke up the pain was much less, and more dispersed. It then disappeared!

I also have a colleague, a teacher, who always treats her eight-year-old daughter with clay. I had this child in my class last year and was often surprised when she would leave school at midday with a frighteningly high fever and such a bad headache that I felt sorry for her only to see her walk in smiling the next morning! Her mother had put clay on her chest and given her a few infusions to drink! You can be sure that since we have been in this community, more than one parent has tried clay, with success. Not to mention using it as soap, shampoo and toothpaste.'

(B. Le G., Quintin, France.)

INFECTION

'I bought your book on clay and thought it was wonderful. I had a rather nasty internal infection, quite painful, on the right knee. I was cured in six months by using the treatment you suggested.'

(J.G., Moutier, Switzerland.)

INFECTIOUS RHEUMATISM

'Around 1960, in Paris, I cured infectious rheumatism of the feet in seven days with poultices of clay.

The foot looked like a horse's hoof and was very heavy. It was very painful when I stood still! I had to walk or lie down.

I went to see the doctor about having time off work and he prescribed antibiotics. My neighbours refused to get clay for me because they did not want to feel responsible if anything went wrong. I had to ask a friend to bring me clay.

The poultices worked wonders. I put them on one after the other. The neighbours predicted that I would get jaundice because of not taking the antibiotics; but of course that did not happen.'

(A.C., Eygalieres, France.)

INGROWING NAIL

'One of my daughters goes to a convent school. One of the nuns, the Science teacher, is in favour of clay treatments. A little girl at the boarding school had been operated on twice for ingrowing nails, but the condition kept recurring. The poor child was going to have a third operation and was in great pain. A nun treated her with clay for six months. She was completely cured. The Mother Superior was so impressed that she said that if she was ill, no matter what the complaint, she wanted to be treated with clay.'

(A-M., Buxerolles-Poitiers, France.)

INGROWING NAIL

'I suffered from an ingrowing toenail for nearly a year. My feet were so sensitive that I could not wear shoes. A surgical operation did not bring about any improvement.

It was then that I came across this book recommending clay poultices. I followed its advice.

After eight months of local applications of clay, the nail, formerly abnormal, looked better than the others and gave me no more pain.

Those who witnessed the treatment were astounded by the results.'

(J.K., Daloa, Ivory Coast.)

INTESTINAL MYCOSIS

'I always treat my children and myself with clay. Last year I was very ill, suffering from dysentery that was so persistent, with haemorrhages, that I began to wonder about cancer.

Tests showed that it was a serious mycosis.

Rather than receive orthodox medical treatment, I took clay at the rate of three teaspoonfuls a day. I ate only fruits and vegetable stock in which I cooked a little rice.

In a week it was all over. It has never come back.'

(M.V. La Clotat, France)

LABOUR

'Having applied clay poultices to the base of the stomach until labour started, we saw the baby — who up until then had been badly positioned — free himself and turn round, taking up the right position, although three days before he had been stuck and in an awkward position.'

(M.-C.G., Rennes, France.)

LETTER FROM A NURSE IN A LARGE LOCAL HOSPITAL

'For several years, off and on, I suffered from lumbar pains which I put down to chills or frequent overwork (I am a hospital nurse). In May 1973, I was laid up yet again. The surgeon ordered ten days rest in bed with anti-inflammatory treatment. At the end of this I was no better. I was authorised to do a little work again, mainly for my morale. Walking was painful, I was in agony, and a sitting position was only possible for a few minutes before I got cramp in both legs. At the same time, because of my lumbar complaint, I had sciatica in the right side. At night, sleep was almost impossible, even with tranquillizers. I could not find a comfortable position. As I couldn't stay in bed, I got up. As soon as I put my foot on the ground I felt violent pains again, as if my nerves were raw or animals were biting me. This went on just the same during the day, without stopping. From July I had a slight improvement but this did not last very long. The surgeon I worked with asked for a consultation with a professor at Grenoble and X-ray tests diagnosed a discal hernia. But it was impossible for me to keep the appointment when the day came; it had been snowing all night and travelling was difficult. I telephoned the professor, who had to go to a conference and suggested another appointment on his return.

Having heard of the benefits of clay, I went to ask the advice of a practitioner who used it for healing various complaints. I tried to follow his recommendations as best I could. I gave up eating meat, took lemon cures, dandelion, and sapwood of wild lime. I drank clay and applied it in poultices. I followed the treatment rigorously; I must admit it was restricting, but I don't regret it at all because my efforts were rewarded. After six months I felt very much better. For nearly a year now I have had no new crises; some small problems in the morning when I get up, a

'rolling' sensation, but that soon passes. I also do about fifteen minutes of physical exercises every evening, on the advice of the masseur, to strengthen my lumbar muscles. Nowadays I allow myself a little relaxation in the evenings when I am too tired, but I persevere just the same. I hope that others will be encouraged by what I have written here, and take up this treatment.

I know another nurse, a colleague of mine, who had an operation for a discal hernia. Since then she has had two other occurrences, one hernia appearing on the upper part of the spine and one on the lower. She also wears an orthopaedic shoe to compensate for a marked shortening of one leg; and she is in pain all the time. It is a shame that she did not try clay treatment.'

(Sent in by Abbe V.D., Annecy.)

MASTOIDITIS

'I used clay treatment for an old mastoiditis which for thirty years had been discharging, often profusely, from the right ear.

Applying clay poultices for eight days stopped the discharge. After eighteen months, despite the damp climate in our part of the world which did not help the condition, there was a definite proof of healing.'

(Y.G., Cannes, France.)

MATERNITY

'When I reached the ninth month of pregnancy, the child was found to be the wrong way round. Furthermore, as he was very big, the gynaecologist told me I would have to have a caesarean.

I applied clay very regularly every evening, in very large poultices. The baby, weighing 4 kg 900, turned round and was born headfirst with no problem.'

(M.F., Montaud, France.)

MENISCUS AND SINUSITIS

'After curing sinusitis, natural methods also played their role in the case of a displaced meniscus.

I applied clay for three months and feel no more pain, not even when I go cross-country running.'

(A.E., Sigean, France.)

MISCARRIAGE

'After losing blood for a week, my wife started contractions, then the placenta was expelled with no haemorrhage. A few hours later, the foetus appeared (two and a half months).

Clay was applied every two hours, and this was kept up for a little while afterwards. No incident has occurred and there has been no need for a scrape.'

(G.D., Couhe, France.)

MUMPS

'Our twelve-year-old son had mumps. I treated him only with clay poultices, fruit juices and raw foods.

My husband insisted on calling the doctor, who came when I had been applying clay for three days. He was surprised that there was no fever.

I told him what I had done and he advised me to carry on applying the poultices. He prescribed several medicines all the same, but I had no need to use them.'

(J.F., Villeneuve-Echirelles, France.)

NAEVUS

'I had a naevus on my face which was getting bigger. I applied clay (not very regularly) for months and it disappeared almost entirely, leaving nothing but a pale chestnut mark, like a beauty spot.'

(J.W., Bethune, France.)

NAEVUS

'This would have lasted three years, with ups and downs. In fact there is no longer any bump or protrusion; all that survives of it is a tinge on the skin a little more highly coloured than the surrounding skin.

It was clay poultices, applied every night, which turned out to be the most effective treatment.'

(M.N., Bondy, France.)

NEURALGIA OF THE FACE

'Before going off on a skiing holiday, I had an attack of facial neuralgia. I hadn't had one of these for twenty years. On the third day I thought of clay and applied an enormous poultice covering half my face, under my chin and up to my ear.

The pains increased for the first hour and a half; then, in the next half hour, it all vanished completely and I have felt nothing since.'

(M.B., Buxerolles, France.)

NODULE

'A growth the size of a pea appeared on my neck. Following the advice of people who had experienced clay, I applied it for two months and there is now no trace of this little problem.'

(R.M., Chalamont, France.)

ONYCHOGRYPHOSIS

'For several years my wife suffered from this condition, which involves hypertrophy of the nail. In this case it was her thumb nail which had quadrupled in size. Clay poultices quickly drew out this abnormal nail and the thumb did not take many days to heal. Everything is now restored to normal.'

(Y.S., Paris, France.)

OSTEOMYELITIS

'Clay helped me to overcome a serious case of osteomyletis. The condition has been completely cured for over a year now. This was confirmed by a recent X-ray, which showed the femur so well recalcified that the radiologist asked me who had carried out the "graft".

In fact I had applied 1,200 clay poultices and it had taken ten months to clear the pus that was coming out of the flesh and bones.

I hope that this example will give courage and patience to all those unhappy people who, like me, have had amputation planned for them and have reached the depths of despair.'

(A.T., Bogny-sur-Meuse, France.)

OSTEOPOROSIS

'I would like to tell you how much I value clay. Many people around me have benefited from it — I am now on my eighth copy of your book, having given away seven other.

In 1978 I had very painful legs. The pains seemed to be localized in the bones, very intense and shifting about. I could not remain sitting down to eat my breakfast and suffered like this for most of the day, only experiencing a little relief when I went to bed.

Although I use very few medicines, I decided to consult a doctor. He said he could do nothing for me as it was a case of osteoporosis, following the menopause. "Your skeleton will not hold calcium any more," he told me, "and if I give you some, your body will reject it as it does with the calcium in food."

I was very depressed, imagining myself helpless. Back at home, I remembered a little green book about clay. I found it and read it attentively. That same evening I began a lemon cure; then, a few days later, I started taking clay.

Three days afterwards (it was a Sunday), I seemed to have less pain during the day. But as I had been very preoccupied with other things, I thought I was imagining it.

Six days later I had no more pain. Since then I have been giving myself a three-week clay treatment twice a year and I feel wonderfully well.

I also had a pain in one knee whenever I went downstairs, and the knee was often swollen. All that has cleared up completely.'

(O.M., Bazernes, France.)

OTITIS

'Before we started using natural methods, one of our sons frequently had otitis. Recently it broke out again. Although I was rather worried, I quickly applied clay behind the ears.

After the first poultice the pains lessened. There was a discharge from the ear during the night. This lasted all week. The following Monday the boy was supposed to go back to school but when he got up, he said the other ear was hurting. Clay was applied to this side and renewed throughout the day. By the evening all was going well and he was soon able to start school again.'

(R.S., Villeneuve-le-Roi, France.)

PANCREATITIS

'After some friends had tried clay, I received this testimonial: "Thank you for putting us on to the book The Healing Power of Clay. We had come across it before as we had already used clay.

The illness occurred in the shape of a painful pancreatitis. Clay solved the problem, just as it healed some inoperable gangrenous oedemas."

(N.Z-M., Corseaux-sur-Vevey, Switzerland.)

PHLEGMON

'My eldest son had a phlegmon in his groin. Antibiotics were prescribed and there was talk of having it removed surgically. Applications of clay throughout the night put an end to the problem.

With three lively children, I often need to use clay and I have lost count of all the injuries healed by this method in record time.'

(J.V., Sassenage, France.)

PHLEGMON

'I have been taking clay for nearly fifteen years now, and at 75 I am doing very well. I treat any injury with clay and think it is wonderful. Seven years ago I had a painful, swollen thigh which I treated with clay. A doctor, who had come to visit someone living in my house, looked at my leg and diagnosed a phlegmon. When he found out how I was treating it, he laughed; but I continued with the clay poultices just the same and achieved a cure.

As I am a horticulturist, I do injure myself sometimes, but with clay everything heals easily.'

(A.B., Louviers, France.)

PHLEGMON AND BURNS

'I have achieved remarkable results with clay, particularly in the case of a phlegmon on the thumb and a second degree burn.

Some neighbours called on me one day because their little boy had burnt two fingers and none of the things that had been prescribed for him could ease his pain. We put on a little clay poultice and five minutes later the child was asleep. The burn healed rapidly afterwards.'

(F.F., La Tour de Pin, France.)

POSTOPERATIVE CONDITIONS

'I took the risk of using clay to treat a surgical scar whose tissues were dying.

On the advice of her doctor, my mother had an operation to remove a large bunion. Her varicose veins and general condition did not make for an easy cure. Fortunately, clay relieved the unbearable pain, especially in the foot, cleaned the wound, made the stitches come out little by little, and eliminated the dead tissues.

It took nearly two months of constant treatment, but the wound healed completely leaving nothing but a very slight scar.'

(J. Le M., Champigny-sur-Marne, France.)

POLYARTHRITIS

'The polyarthritis from which I suffered for two years is still receding. I hardly ever get it now, and I have almost recovered the full range of my movements. This despite the fact that I will soon be 70. I am therefore carrying on with applications of these clay poultices which are doing me so much good.'

(M.J., Olivet, France.)

POLYPS

'Thanks to clay poultices applied night and day, I got rid of some polyps of the meatus which no other treatment had been able to deal with.'

(M.L., Bilhorel, France.)

POLYPS AND OTHER THINGS

'For three months in succession, I used clay poultices on the base of the stomach (keeping them on all night) to treat some small polyps on the neck of the uterus, as well as chronic inflammations of the pelvis.

The bleeding stopped and the inflammations were greatly reduced.

I have also used clay poultices successfully to treat sprains, a sore (on my husband's big toe) which kept recurring for years, boils, sore throats, etc.

Applications of cabbage leaves cured our youngest daughter of constipation when nothing else had worked.'

(F.L., Molsheim, France.)

POLYPS OF THE UTERUS

'Nine years ago, clay applied to the base of the stomach stopped bleeding discharges from the uterus in three days. These were caused by recurrent polyps, which may not have been eliminated but which have not bled since.'

(M.G., Saint-Cyr-l'Ecole, France.)

PURULENT ERUPTION

'Our first attempt at the harmonist method consisted of treating — and curing — a purulent eruption under the armpit of our five-year-old daughter, who had picked up an infection at school. At first, the sore enlarged slightly. The clay, which we had diluted with water, was subsequently made with olive oil. The result was the same; complete healing after a month of treatment, with a lot of pus evacuated.

Since then, we have often used clay to heal blows, burns and various injuries. The most spectacular cure was that of a case of vaginitis with clay and olive oil.'

(G.G., Les Herbiers, France.)

PURULENT FISTULA

'I had a purulent fistula in the leg for two and a half years and was about to undergo a third surgical operation, with a skin graft, total anaesthesia, but no guarantee of a cure. It was then that I began a treatment including clay poultices and dabbing with essence of lavender.

Five weeks later, my fistula had disappeared.

Having examined me and taken an X-ray, my surgeon stated that all was in order and even said he was highly delighted with the result achieved.

I must admit to being astonished that this method is not more widely known, and I sincerely hope that all those afflicted with a running sore will immediately consider using this method. It is what we shall do in future, in the family and in our circle of friends.'

(L.M., Paris, France.)

PYOMETRIA

'A year ago, I was diagnosed as having a large pyometria (Class 4) which was very alarming.

This intra-uterine infection was treated for a long time with antibiotics and was partially reduced as a result (Class 3). But it did not get any smaller after that. This worried the doctors, who decided I would have to have a hysterectomy.

I then decided to try another method — natural remedies. Given the situation, it was essential for me to have daily applications of clay on the base of the stomach (a poultice every night).

After four months of this treatment, laboratory tests showed that the infection had gone and that everything was back to normal.'

(G.A., Poissy, France.)

RHEUMATISM

'My wife had such dreadful rheumatism that she could no longer move. She is now back on her feet, much to the surprise of the doctors, who cannot understand it.'

(G.W., Monchengladbach, Germany.)

It is remarkable to see how quickly clay works when used in direct contact with the skin.'

(Y.H., Levallois-Perret, France.)

SHINGLES

'Here is an example of the extraordinary behaviour of clay, or rather the hypersensitivity of some subjects to its action.

Two years ago a young man in our family was suffering from shingles around the waist and was in great pain. His wife applied a large clay poultice. After a short time (half an hour to an hour) he complained of a burning sensation. His wife was surprised and told him to keep the clay on just the same. Half an hour later, however, he could not stand the burning sensation any longer and the poultice was removed. The area of application was as fiery red and phlyctenas formed in the next hour; but the shingles were cured.

Recently the same young man complained, not of pain exactly but of 'something' troubling him in his jaw. Perhaps an abscess was forming. So a clay poultice was applied. He soon felt this 'working' in his jaw and a little later he spat out blood and pus. The incident was over.'

(G.B.M, Paris, France.)

SINUSITIS OF THE FRONTAL LOBES

'During the months while I was using clay poultices to treat cervical arthrosis, I also found that I had cured myself, quite incidentally, of the frontal sinusitis which had afflicted me for over twenty years.'

(L.P., Courbevoie, France.)

SINUSITIS OF THE FRONTAL LOBES

'Some years ago I cured frontal sinusitis with clay poultices on the forehead. Nothing had worked until then.'

(P.M., Paris, France.)

SPINE

'I cured myself of dreadful pains in the spine by putting a clay poultice on the painful area every evening, for the night.'

(Y.Ch., Nantes, France.)

SPLINTER

'For several months I had a lot of pain in one arm, with a pricking sensation. I decided to follow the advice given in your book, and applied clay poultices.

After three days of this treatment, I was surprised to see a huge thorn come out all by itself!'

(R.D., Rouen, France.)

SPRAIN

'I went down a staircase too fast and sprained my ankle, with a discharge of blood. As I was obliged to walk immediately, everything went back into place.

But the next morning I could not put my foot on the ground because of the pain. A single clay poultice, left in place for three hours, allowed me to walk normally. Since then I have been putting on a poultice every night and will soon take up skiing again.'

(S.B., Charquemont, France.)

SPRAIN

'I was walking across a pavement during roadworks when my foot slipped and was sprained.

It was not until five hours later that I was able to start treating it. The ankle was very red and had doubled in size. It was giving me a lot of pain, even when I was lying down.

I started by holding the ankle under the cold tap, with not too much water running, for half an hour. Then I began applying clay, day and night, replacing the poultices every four hours during the day.

It is remarkable to see how quickly clay works when used in direct contact with the skin.'

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I started by holding the ankle under the cold tap, with not too much water running, for half an hour. Then I began applying clay, day and night, replacing the poultices every four hours during the day.

Three days later I was walking normally, with just a little, insignificant twinge.'

(R.A., Clamart, France.)

SPRAIN

'I have treated and cured a sprain using nothing but clay. The vein, just under the bone, was swollen and stood out like a little egg. I could not set foot on the ground because it was too painful.

A new clay poultice in the morning and another in the evening at bedtime. The 'bulb' had already reabsorbed by the end of the first night and all trace of swelling had vanished. Nothing remained except a large red patch, five or six centimetres in diameter, and five smaller ones around the ankle bone.

On the fourth day I could drive again, without bandage or dressing, and I had stopped the clay poultices. On the other hand, I was taking hot salted footbaths.

Eventually everything cleared up, with barely 2 kilogrammes of clay. Where would we be without it?'

(E.R., Chalette-sur-Loing, France.)

SUNBURN

'I have achieved many results with clay, but the following was the most dramatic.

While we were on holiday in the South of France, my daughter was foolish enough to sunbathe for 11 to 13 hours on the first day, without any protective cream. In the evening she not only had a high fever but was also in great pain and could not walk; feet, legs, stomach and shoulders, everything was burned except her face, which she had protected.

I started applying clay poultices at once (I am never without them). This was at 6 o'clock in the evening. I con-

tinued until 11 p.m., renewing the clay frequently as it soon became very hot.

The next morning my daughter was no longer in pain and, strangely enough, her skin had not peeled at all but had tanned nicely.

(M.S., Sarrebourg, France.)

SUPPURATION

'My father's right arm had to be amputated because it was suppurating and giving him a lot of pain. However, he followed your instructions for using clay and box.

As a result his arm stopped hurting and was saved.'

(M.C., Nantes, France.)

TEAR DUCTS BLOCKED

My son was going to be anaesthetised to have his tear duct unblocked. It had been blocked since birth. I tried clay and lemon but did not have enough patience, so it seemed that specialist help was the only solution.

I decided to have one more try, with more enthusiasm and perseverance this time. I used drops of lemon and applied warm poultices made with clay and water salted to saturation point, At first I had to let the child go to sleep in my arms so that he would keep the poultices on all night. This was not easy, but I didn't miss a single evening.

The eye suppurated even more, or stayed still for a long time with no visible improvement. Then a week before the time set for the operation, the eye healed as if by magic. It happened suddenly, from one day to the next.

It was really surprising that there was no intermediate stage before such a complete and total cure.

(M.C., Maurepas, France.)

TEETH

'My husband and I are grateful to you for our stronger and better-looking teeth, thanks to various advice you have given, especially about clay. For over a year my teeth have not moved and are whiter.'

(B.W., Montreuil, France.)

TOOTH LOOSE

'We are used to the miracles of clay in our family. One was the tooth of an 8-year-old child, knocked loose by a fall and declared 'dead' by the dentist who wanted to pull it out. Five years later, it is still there, thanks to applications of clay. Another was an adult's foot, which a pickaxe had made a hole in; this was cured completely with clay. The third was a liver complaint, the fourth a sprain, etc., all healed by clay.'

(O.F., Velleron, France.)

TONSILITIS

'My husband had tonsilitis with a high fever. The doctor was called, feared a tumour and prescribed antibiotics. Before resorting to these, my husband continued with the clay poultices he had already begun. After the third day, the fever began to abate; and on the fifth day the temperature became normal.

As a precaution, and to consolidate the cure, my husband went on taking clay-water and applying clay poultices to the liver.'

(R.S., Villeneuve-le-Roi, France.)

UNDESCENDED TESTICLE

'I must tell you about yet another proof of the miraculous powers of clay. Already, for more than ten years now, we have used it to overcome two very difficult cases with our two eldest children. Now we can see our son's testicles

forming, dividing and developing harmoniously (they had not appeared before). There will be no question of an operation.

(P.M., Quevaucamps, Belgium.)

UNDESCENDED TESTICLE

'At the age of five, our son had one testicle very high, so that it was impossible to feel it.

The doctor recommended that he should have an operation when he was about six, if the testicle had not descended by then.

Not wanting to wait any longer, we applied clay poultices to the base of the stomach every evening and left them on all night.

What a surprise we had! After a week the testicle was in place.

The applications of clay are still being kept up, in order to consolidate the rapid result.'

(M.R., Albi, France.)

VARICOSE ULCER

'As I knew about clay, I was able to use it to cure a varicose ulcer.'

(G.T., Cholet, France.)

VARICOSE ULCER

'I have known about clay for a long time and used it successfully to heal myself of a varicose ulcer and many other complaints.'

(Y.A., Tonnay, France)

VARICOSE ULCER

'I have seen a sixty-year-old man healed of a varicose ulcer, thanks to clay.'

(Ph.M., Avon, France.)

VARICOSE ULCER

'My wife had been suffering from varicose ulcers for forty years and decided to use clay. This worked very well, and she is keeping up the applications just as a precaution, as the sore has healed.

We have a friend who had also suffered from varicose ulcers for a long time. They were in awkward places, on the ankle and the heel. Orthodox medical treatment could do nothing to heal them. It was clay that finally achieved the desired result.'

(V.L., Allez-Cazeneuve, France.)

VARICOSE ULCER

'Four months after I had found out about clay and started using it to treat a varicose ulcer which had been recurring for fifteen years, the ulcer healed completely.'

VARIOUS

'I had a cluster of warts on the left eyelid and the top of the right cheek. After I applied clay a few times, in the evening before going to bed, and keeping it on all night, they all disappeared for good.

A worker in a tar-works had boiling liquid spilt on his arm due to clumsiness. The ointments prescribed by the doctor did not have much effect and the skin of the arm was in a pitiful state. I advised him to try clay poultices. Eight days later his arm was completely healed.'

(Abbe V.D., Monnetier, France.)

VARIOUS

'My husband's throat and jaw were completely unblocked and he regained his energy. The doctor had been worried, fearing the worst, a cancer of the throat or spinal marrow.

Clay poultices had been applied for two months.'

(L.S., Aix-les-Bains, France)

VARIOUS

'During the fifteen years that I have been using clay, there has been no complaint suffered by me or my children which I have not managed to cure shocks, sprains, burns, slipped discs, problems of the liver, intestines and genital organs, aching gums, etc. It takes faith and patience, but the results are guaranteed.'

(J.N., Sacias, France.)

VARIOUS

'For years now I have always had clay ready to use in case of need, having treated and cured any number of complaints with it — various burns, vaginitis (clay enemas), curettage avoided at the menopause, nonstop haemorrhaging (three days and nights of continuous applications to the base of the stomach), falls of adults and children, outbreaks of fever, tired eyes, colds in the head, inflammation of the gums or throat, etc.

In addition to all this, I have cured injured cats and a dog with mange.

Not to mention caring for all the trees in the orchard.'

(N.Z-M., Corseaux-sur-Vevey, Switzerland.)

VARIOUS

'The whitlows inherent in my profession (I am a dentist) are not a problem for me. As soon as I feel pains in my fingers, I apply clay, and with two or three poultices at most, the pain ceases.

All my migraines and anginas are treated successfully with clay poultices.

For a long time I had a little lump on one breast. As I became a little bit too concerned about it and wanted to reduce it, I decided to try clay — without really believing that it would work. In less than a month the lump disappeared completely and I cannot even remember exactly where it was.'

(L.W., Niamey, Nigeria.)

VERRUCA

'Our son had several warts, one of which was at the end of his toe. It was cone-shaped with a white tip and painful to touch. At the time, the doctor put it down to the toxic effects of chlorine in the swimming pool and suggested an ointment that had to be used with great care.

He also said that if the ointment did not work we would have to resort to surgery or even radiation treatment. According to his diagnosis, this wart qualified as a verruca or a virus. When another small one appeared beside it, he told us that the 'parent' verruca must be destroyed.

We took no notice of his suggestions for treatment and, instead, applied clay every evening. The verruca, regarded as so difficult to get rid of, disappeared in a fortnight.'

(M.P ., Le Vesinet, France.)

VERRUCAS

'A friend told me about clay six months ago. At the time I had verrucas about a centimetre and a half deep all over my heel. A doctor sent me to a surgeon who operated on only one of them, plastered the lot with a dressing of mercurochrome and sent me home. A few days later, seeing the dismal result of this treatment, I went back to the surgeon who told me that all he could do was send me to a "specialist". The latter treated me with liquid azola and scraped my heel with a metal spatula until it bled.

After three sessions of this butchery, I talked a little to acquaintances about what was happening. Some of them made fun of me and said I was making a fuss about nothing. Fortunately one friend told me about clay and lent me some books. At once I started using poultices of clay and garlic alternated, two of clay and one of garlic every 24 hours. I also drank clay in the mornings. A month and a half later, I did not have a single trace of a verruca.

I was filled with wonder, and felt liberated. Since then I always have some clay and take it with me wherever I go.'

(M.B., Chaux, France.)

VIRAL HEPATITIS

'I contracted viral hepatitis and was in dreadful pain, so I applied a clay poultice.

Relief came in the next half hour, to my surprise and delight.

Encouraged by this, I went on with the applications of clay, which give me very good results.'

(M.T., Mimizan, France.)

WARTS AND HERNIA

'We do not foresee the need for surgery any more. Clay removed the warts from our daughter's hands and, even more extraordinary, a hernia on my leg which had been with me through four pregnancies and which I had not been able to get rid of.'

(H.L., Paris, France.)

WHITLOW

'I had a whitlow which I treated with poultices of cool clay, then warm plasters of salt, water and clay. I was only really immobilized for two days, with a minimum of pain; knowing how much suffering a whitlow can cause, this was wonderful.'

(R.D., Grenoble, France.)

WHITLOW

'I healed a whitlow with clay and all went well. But when it first started, it looked awful and was really a cause for concern.'

(G.M., Abidjan, Ivory Coast.)

WHITLOW AND TORPID SORE

'I had a whitlow on the ring finger of my right hand. The nail was detached down to the root. I started using applications of clay; after four weeks the finger was healed and the nail back in place.

My son had an operation and was in plaster. Afterwards he had a sore which would not heal and which looked very nasty. We went to the hospital twice a week for three months and during all that time we had nothing but pain and anxiety. Then someone talked to us about clay and we quickly started applying it. The sore, which had resisted all orthodox medicines, was healed in three weeks.'

(J.D., Lons-le-Saunier, France.)

WOUND

'In spite of the fact that my conversion to clay is not recent, I could not help being surprised by the results achieved in a very short time with a deep cut in the right thumb and part of the thumbnail, due to an accident with a household gadget.

The wound caused heavy bleeding, which stopped after the first applications of clay. At first, the poultices were renewed as soon as the clay dried.

After eight hours, the flesh was healed and my thumb restored to normal. All I needed was a light protective dressing for doing the housework.'

(D.B., St-Maur, France.)

WOUND

'Eight months ago, a friend of mine fell off his bicycle and grazed the front of his leg. I immediately suggested a clay poultice. His only response was a pitying smile.

When I met him again, five months later, his leg was in a dreadful state. He had bathed it and applied the ointments, etc. which had been prescribed for him.

Seeing how worried he was, I repeated my advice and gave him some clay (I always have some ready). Miracles do not take long. In a month and a half the leg was completely cured, with only a bluish scar remaining and no pain at all.

(J.R., Cherbourg, France.)

WOUND

'Our youngest daughter (aged 17) cut herself badly on the index finger with a sickle. The upper part of the joint was only held in place by a strip of skin and there was a deep cut lower down.

No disinfectant was used. A clay poultice was in place twenty minutes later and was renewed frequently (even during the night) for two days. Then an onion skin (from between the layers) was alternated with the clay poultices, as a dry and naturally antiseptic dressing. The finger was exposed to the air from time to time.

All the flesh which was no longer holding formed a protective crust. Everything healed in less than two weeks and the scars are gradually disappearing.'

(M.D., Antony, France.)

WOUND

'I cut my thumb to the bone with a circular saw. After running water on the wound to stop the bleeding, I covered it with clay powder, which I always have on hand.

The bleeding stopped at once. I renewed the clay several times. The skin grew back again and the whole thing was over in 36 hours.

I have witnessed a number of similar cases of healings with clay.'

(F.D., Montegrino, Italy.)

WOUND

'During the festive season, I cut myself quite deeply on the hand. I put it under the tap as it was bleeding a lot, then I applied clay, pressing on the wound to close it, and bandaged it.

Three days later it was already better and I could do without a dressing.'

(A.K., Plouhinec, France.)

WOUND

'A workman was on his way home when his motorcycle was knocked over by a car and he received a serious wound on the knee, 6 to 8 centimetres wide. He spent twelve days in hospital. For the next two months he had to go to the hospital three times a week to have the dressings changed. As his condition did not improve, the surgeon suggested a skin graft. The patient was unable to work and could not resign himself to this. He followed the advice of a friend and applied clay to the wound once or twice every day. Gradually the flesh grew again, without any suppuration. Two months later the healing was complete, with the skin totally renewed. The man was able to resume his normal occupation and was extreme ly pleased that he had saved himself so much time and money with just a little bit of clay.'

(Abbe V., Annecy, France.)

WOUND

'I fell and hit my face against the ground. When I was picked up I had fainted, my nose was damaged, and my right eyebrow was cut open. After I had regained my senses I asked someone to apply a clay poultice to the wound (I always have some clay ready.) It had started hurting but the clay relieved the pain at once.

Unfortunately I had to see a doctor about having time off work. He groaned when he saw the clay and advised me to go straight to a clinic to have the "filth" removed. Apparently it would infect the wound...

I told him that I had great faith in clay and wanted to carry on with the treatment. He insisted that I sign a discharge paper as he was convinced that I would be left with a fistulated sore.

When he saw me ten days later, about going back to work, there was no more talk of fistulas but only of a large scar. Fortunately this has now almost vanished.!'

(R.C., Arles, France.)

WOUND AND BURN

'When I crushed my thumb in a folding armchair, there were no complications, thanks to clay. A new nail grew and there is scarcely a trace of any scar.

Clay also healed a fairly severe grease-burn on my arm, in eight days.'

(M.P., Roubaix, France.)

WOUND CAUSED BY A RUSTY NAIL

'My seven-year-old son got a rusty nail embedded in the hollow of his hand. He tried to pull it out at once, tearing 2 centimetres of flesh. I began applying clay immediately, changing the poultices every two hours and alternating them with handbaths in a decoction of Box.

After four days I completed the treatment with applications of cabbage leaves and baths of salted water.

On the seventh day I was able to use a light dressing of onion skin.

The hand is now completely healed and intact, except for a tiny little scar.

I can't help thinking how much I've saved on doctors' bills!'

(Ch.L., Jamiouix, Belgium.)

CLAY FOR ANIMALS

CAT

'I treated a neighbour's cat for three days, first with box and then with powdered clay.

Although we thought we had lost him, he made a marvellous recovery.'

(Y.Ch., Limoges, France.)

CAT AND DOG

'Our cat, Youpi, had the thigh muscle of a hind leg completely exposed after being hit by a passing car.

Quick — the clay! But it was quite a business treating him; giving him something to eat, for example, while we were changing the poultices, as taking them off seemed to hurt him and so did putting them on. Each time he growled, howled, miaowed and... purred. At no time did he scratch or bite us, or even try to.

It was fascinating to watch the progress of the wound day by day. Different layers of flesh were restored, then the skin and entire epidermis, and finally the fur which grew again after three weeks.

The cat stayed indoors, of course, throughout this period, with a poultice at night and three during the day for one week. The following week he had one at night and only two during the day. He was not lame for long and soon became his old self again, running through the woods as before.

We also treated the dog when he cut the end of his nose with a piece of glass. Left to itself for a while, the wound healed of its own accord but there was still a white scar on the black nose.

As it was difficult to apply a clay poultice on this spot, we put powdered clay on the scar every day; it disappeared after a month and a half of treatment.'

(E.D., Arzal, France.)

CAT'S ECZEMA

'Our little cat was suffering from eczema. I applied box lotion to the sores and then clay, which I also put in her food. I made her take a little olive oil.

All traces of the eczema vanished and new skin took its place.'

(J.B., St.-Rambert-d'Albion, France.)

CAT'S PAW PIERCED

'Our little cat came home one day with a hind paw doubled in size; she also had a high fever.

We treated her with clay, in poultices and orally, as well as box in lotions and drinks.

Her paw had apparently been run through from one side to the other.

It healed very well.'

(J.A., Paris, France.)

CLAY COUNTERACTS FUEL OIL

'I would like to make my modest contribution to the section on animals by describing yet another benefit of clay.

One day our Persian cat came up from the cellar covered in fuel oil. We were concerned about how to clean her long, thick fur.

Then we thought of clay powder. One application, and it all vanished as if by magic.

We have often thought, since, of all the birds who have been the victims of oil in the sea and who could have been saved by clay.'

(C.R., Besancon, France.)

DOG

Last summer, during a walk in the woods, my labrador — who is a fair-sized dog — was set upon by four enormous alsations because he went into a property guarded by these watchdogs. They rushed at him and bit him all over.

He was thrown to the ground and could not defend himself. It was not until the owner came and called the dogs off that my dog was able to get free. Among other injuries, he had a wound about the size of a fifty-pence piece on his right side. As soon as we got home, I washed this wound with a decoction of box; but we could not make him keep a dressing on because it hurt him.

While he was asleep I took the opportunity to treat him, smothering the wound in powdered clay. This worked very well. In a fortnight the wound had healed, leaving no scar, and the fur was beginning to grow again.

All his other, smaller wounds had already healed after being simply washed with box.

(G.S., St-Remy-les-Chevreuse, France.)

DOG AND HORSE

'I have already had an opportunity to witness the benefits of clay used externally.

The first time was when my dog had the pad of her paw cut in two. She was treated with a scar-closing powder for a month but when she began to run about, the wound opened again despite the dressing.

I did not know about clay at that time. A friend who used it advised us to try it. I must confess that I didn't believe in it; but after all, the other powder had not worked...

A week later, when I took the dog back to the vet, the wound had not reopened. The flesh had grown again and the pad was healing nicely. Twelve days later, my dog did not need to wear a dressing.

I was able to report another success the next time clay was used. This was on the posterior of a horse who, as the story had it, had received a kick from a boot. The wound suppurated and would not heal. The friend who owned the horse was in despair. I told her how wonderful clay was

and she followed my advice. Two days later the wound was no longer suppurating.'

(P.Ch., St.Die, France.)

GOAT

'One day my mother's goat was bitten on the udder by a dog. The bite became infected, so much so that the vet saw no alternative but to have the animal injected to put her out of her misery. This would have been a great pity, especially as she was pregnant and was expected to give birth in about 24 hours.

As soon as we could get hold of some clay, we began to apply it.

The udder was burning hot, with huge quantities of pus coming out of it. We went on with the poultices (I put the clay in a bag which enveloped the whole udder) until, two days later, our goat gave birth to two lovely little kids, which she fed normally.

I later met the vet, who thought the goat was dead. He was very interested to hear how she had been saved.'

(S.B., Le Vesinet, France.)

INJURED DOG

'Thanks to clay, I saved my dog's hind paw which had a cut tendon from walking over broken class.

After three operations had failed, the vet told me that the tendon would never be restored and that the paw could be regarded as lost.

It was with no regrets, therefore, that I abandoned orthodox treatment and began to apply clay.

Little by little I noticed a new flexibility in the paw. This was nearly a year ago and my dog now walks, runs and jumps, and does not seem to be suffering from any discomfort.

I am still giving him clay to drink.'

(S.R., Paris, France.)

INJURED PONY

'Our pony was a year old when he had a serious accident. He tore his hock on a piece of barbed wire. The wound was dreadful, as we discovered that evening; it measured about 8 by 5 centimetres. The leg was swollen from withers to fetlock.

As we had already treated a horse for an injury to a joint, our son immediately applied a clay poultice (we always have some ready for use.) The next morning, we washed the wound with a decoction of box, then applied clay again. We did this three or four times a day.

Eventually the flesh began to grow again as the wound gradually healed. It took four months before it was all over, but the hair grew again and unless one knew it had happened, one would never see the thin, white line which is all that remains of a horrible memory.'

(D.V., Benaix, France.)

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Renée Nikolaier, — June 2000

The Healing Power of Clay

Clay has been used for centuries as an effective treatment for a variety of ailments. Its property of withdrawing impurities from the skin was found to be applicable to deeper organs.Whether taken orally or used in poultices, it acts to draw toxins out of the body and so encourages the individual's recuperative powers.

This book gives precise instructions on how to use clay and also case histories and testimonials from people who have used it successfully. Clay treats disorders ranging from arthritis to varicose veins - including stubborn complaints that would not yield to any other form of treatment. You will find recipes for herbal infusions, many well-tested natural remedies, as they often complement each other's actions, and instructions for a natural diet which contributes to total health care. Clay should thus be used as part of a coherent method, a certain "art of living" in harmony with Nature which has given us this various and always useful remedy.

Raymond Dextreit has written 50 books on holistic medicine and natural remedies, which have sold over 5 million copies in several languages.

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